**Physical Activity Readiness Questionnaire (PAR-Q) and You**

规律进行体育锻炼充满了乐趣而且有益健康，因此选择运动活跃的生活方式的人越来越多。大多数人参与运动都是非常安全的，但是小部分人想要参加运动，必须要事先通过医疗机构进行体检。  
如果你的年龄介于15到69岁，请完成以下问卷之后决定是否应该咨询医生。如果你的年龄高于69岁且运动不多，请直接咨询医生。  
Regular physical Activity is fun and healthy and, increasingly, more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.   
If you're planning to become more physically active than you are now, start by answering the same questions below. If you're between the ages of 15 and 69 this questionnaire will tell you if you should check with a doctor before you start. If you're over 69 years of age, and you are not used to be very active, check with your doctor directly.

1. 名儿/Name [填空题] \*

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2. 岁儿/Age [填空题] \*

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3. 你的医生是否说过你的心脏有问题，并且告诉你只能进行医生建议的运动项目？  
Has your doctor ever said that you have a heart condition **and** that you should only do physical activity recommended by a doctor?

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| ○Yes |
| ○No |

4. 你运动的时候是否感觉胸痛？  
Do you feel pain in your chest when you do physical activity?

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| --- |
| ○Yes |
| ○No |

5. 上个月里，你有没有在不运动的时候出现胸痛的状况？  
In the past month, have you had chest pain when you were not doing physical activity?

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| ○Yes |
| ○No |

6. 你有没有因为眩晕而晕倒过，或者说曾经失去过意识？  
Do you lose your balance because of dizziness, or do you ever lose consciousness?

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| ○Yes |
| ○No |

7. 你的骨骼或者关节是否存在某些问题，并且他会随着运动而加重？（比如背部、膝盖或者臀部）  
Do you have a bone or joint problem, for example, in your back, knee or hip, that could be made worse by a change in your physical activity?

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| ○Yes |
| ○No |

8. 你的医生现在有没有为你的血压或者心脏问题开处方药？  
Is you doctor currently prescribing drugs for your blood pressure or heart condition?

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| ○Yes |
| ○No |

9. 你是否知道其他让你不适合参加运动的原因？  
Do you know of any other reason why you should not do physical activity?

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| ○Yes |
| ○No |