

Quantifying the Effects of Fatigue and Dual-Task on Gait

Physical Activity Readiness Questionnaire (PAR-Q)

This questionnaire is intended to help you find out whether you should consult a doctor before starting physical activity or sports. If you are over 35 and under 60 years of age, a sports medical check-up is recommended. If you are over 60 years of age, you should always have such a medical examination.

Answer the questions below to the best of your knowledge and with a little "common sense".

First Name: _____ Last Name: _____ Birthday: _____

1	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	<input type="radio"/> Yes	<input type="radio"/> No
2	In the past month, have you had chest pain when you were resting or doing physical activity?	<input type="radio"/> Yes	<input type="radio"/> No
3	Do you have problems with breathing at rest or under physical stress?	<input type="radio"/> Yes	<input type="radio"/> No
4	Have you ever lost your balance because of dizziness or have you ever lost consciousness?	<input type="radio"/> Yes	<input type="radio"/> No
5	Do you have bone or joint problems that could worsen under physical stress?	<input type="radio"/> Yes	<input type="radio"/> No
6	Is your doctor currently prescribing you any medication for high blood pressure or for a heart or breathing problem?	<input type="radio"/> Yes	<input type="radio"/> No
7	Do you know of any other reason why you should not do physical activity?	<input type="radio"/> Yes	<input type="radio"/> No

If you have answered YES to one or more of these questions, you should consult your doctor before you start exercising and have a check-up and consultation.

Date: _____

Signature: _____