1. The purpose of all pre-assessment questionnaires and forms is to screen students for possible health risks, contraindicated activities and medications, and possible pre-existing medical conditions. It is a simple yet effective way of a pre-exercise screen to determine a student’s capacity to perform physical exertion/work.

2. The Health History, Exercise History, and Attitude Questionnaires are designed for the student’s comparative reference. These questions were structured to generally rate the student’s improvements in their physical exertion at the end of the course and whether their expectations have been successfully met through series of instructions.

3. Students must answer required pre-assessment forms in all honesty and provide the correct and necessary information regarding their current overall physical status.

4. All forms and pre-assessment questionnaires are requirements in this online Physical Education Course. Should a student fail to submit the required forms and questionnaires, he/she will not be able to go through with the series of Physical Education lessons.

5. Once accomplished, students are required to attach their answered Physical Activity Readiness Questionnaires (PARQ) together with their Medical Release Form. All information must be submitted to AMA Educational Systems Holdings, Inc. (AMAESHI).

6. Should a student be deemed physically unable to perform all the requirements of the course because of pre-existing condition/s (e.g. persons with disability, persons with injuries, etc.) the Medical Release Form **must be strictly filled out** by his/her attending physician to notify AMAESHI the soonest time possible.

7. If a student does not meet the general pre-assessment test because of certain reasons and conditions, this should not be a hindrance to learn about Physical Education and fitness in general. All lessons are structurally designed to meet all students’ needs in terms of knowledge, skills, and analytical thinking.

8. Students who are screened from performing physical activity will undergo series of tests that require movement analysis rather than their regular counterparts who will submit short videos or snapshot assignments demonstrating specific activities.

9. All exercises and activities that are to be performed throughout the course are designed for self-instruction and guidance; therefore students are solely responsible for their own safety.

10. All information provided through these pre-assessment tests will be held confidential and will only be used between AMAESHI and its students for reference throughout this course.