

Task-Based Activity



Completing a PAR-Q Fitness Evaluation



OALCF Link

Relevant Goal Paths (Spirit-Vision):

<input checked="" type="checkbox"/>	EMPLOYMENT
<input checked="" type="checkbox"/>	INDEPENDENCE
<input type="checkbox"/>	POSTSECONDARY
<input checked="" type="checkbox"/>	SECONDARY SCHOOL CREDIT
<input type="checkbox"/>	APPRENTICESHIP

Rationale: Learners on the Employment, Independence and Secondary School Credit Goal Paths interpret documents to locate specific details and fill in forms.



Learning Plan Link (Heart- Feeling):

The PAR-Q or Physical Activity Readiness Questionnaire is a health-screening questionnaire, published by the Canadian Society for Exercise Physiology. It is recommended that this form be filled out before starting a new exercise program. This form may be needed to filled out by an individual learner or as an employee/apprentice in health related fields.

Task-Based Activity Description:

The learner will fill out parts of a registration form for an exercise class. The purpose is to improve the learners' document-interpretation and completion skills.



Competency, Task Group and Level Indicator: (Mind - Knowledge)

LEVEL:

Find and Use Information			Communicate Ideas and Information				Understand and Use Numbers				Use Digital Technology	Manage Learning	Engage with Others
Read continuous text	Interpret documents	Extract info from films, broadcasts & presentations	Interact with others	Write continuous text	Complete and create documents	Express oneself creatively	Manage money	Manage time	Use measures	Manage data			
A1	A2	A3	B1	B2	B3	B4	C1	C2	C3	C4	D	E	F
A1.1	A2.1 A2.2				B3.1a B3.2a B3.2b								



Overview of Task (Body-Skills)

Activity Introduction

Explain to the learner that the Physical Activity Readiness Questionnaire (PAR-Q) is a health-screening questionnaire, published by the Canadian Society for Exercise Physiology. The learner may be required to fill out a PAR-Q form for an exercise class.

New Words/Phrases

Review the new words that are being introduced. Explain the meanings of the words to the learner. Not all new words are in the new word list. You may need to review additional words as the learner works through the activity.

Instructions

1. Have the learner fill in their name and the date on the learner sheet.
2. Have the learner complete the pre self-assessment.
3. Review the Learner Task Sheet with the learner.
4. When the learner has completed the activity, have him/her complete the post self-assessment.
5. After the learner has completed the task-based activity, complete the assessment section and review the results with the learner.
6. Discuss next steps with the learner.



Task-Based Activity: Completing a PAR-Q Fitness Evaluation

Learner Name: _____

Date: _____

Pre self-assessment

I need to improve my skills at reading texts to locate details.

- Yes
- No

I need to improve my skills at interpreting simple documents to locate details.

- Yes
- No

I need to improve my skills at filling in forms, sorting entries into categories, identifying parts of documents using titles, row and column headings and labels.

- Yes
- No

New Words

Consciousness
appraisal
restrict
physiology
144/94
invalid
liability

Assessment

Task-Based Activity: Completing a PAR-Q Fitness Evaluation

Learner Name: _____ **Date** _____

Practitioner Name: _____

Performance Descriptors	Needs Work	Improving	Excellent
<p>A1.1 Reads short texts to locate a single piece of information</p> <p>Follow simple, straightforward instructional texts</p> <p>A2.1 Scans to locate specific details</p> <p>A2.2: Uses layout to locate information</p> <p>Makes connections between parts of documents</p> <p>B3.1a Makes a direct match between what is requested and what is entered</p> <p>Makes entries using familiar vocabulary</p> <p>B3.2a: Use layout to determine where to make entries in simple documents</p> <p>B3.2b Sorts entries into categories</p> <p>Identifies parts of documents using titles, row and column headings and labels</p>			

The learner needs to work on the following:

This task was successfully completed ___ This task needs to be tried again ___

Practitioner Comments:

Learner Comments:

Learner Tasks - Completing a Physical Activity Readiness Questionnaire (PAR-Q) Fitness Evaluation:

This form is used for people who are becoming more active. Many fitness programs require this form to be filled out and signed before the person can attempt any fitness classes. The PAR-Q may also be used by health workers like personal support workers for seniors, physiotherapists, massage therapists or other assistants.

Becoming familiar with the form:

1. What is the age of people who should fill out this form?
Circle the answer on the form.
2. What will the PAR-Q tell you?
Circle the answer on the form.
3. There are seven main questions in a box. Where would you go next if you answered 'YES' to one or more questions?
Draw a line from the 'YES' column to the place where you would read next.
4. There are seven main questions in a box. Where would you go next if you answered 'No' to one or more questions?
Draw a line from the 'NO' column to the place where you would read next.
5. Circle the line where you would put your signature.
6. Circle the text that explains what your signature means.

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

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 are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	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="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of any other reason why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.

- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____
or GUARDIAN (for participants under the age of majority)

WITNESS _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

Post self-assessment

I think my skills have improved as a result of this activity.

- Yes
- No

Answer Key

Physical Activity Readiness
Questionnaire - PAR-Q
(revised 2002)

PAR-Q & YOU

(A Questionnaire for **People Aged 15 to 69**) **1**

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 are planning to become **much more physically active than you are now**, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. **2** If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	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="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for administrative purposes.

"I have read, understood and completed this questionnaire. Any question I had were answered to my full satisfaction."

NAME _____

SIGNATURE **5** _____ DATE _____

SIGNATURE OF PARENT _____ WITNESS _____

or GUARDIAN (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



© Canadian Society for Exercise Physiology www.csep.ca/forms