AHA/ACSM Health/Fitness Facility Preparticipation Screening Questionnaire

Assess your health status by marking all true statements

History
You have had:
___ a heart attack
___ heart surgery
___ cardiac catheterization
___ coronary angioplasty (PTCA)
___ pacemaker/implantable cardiac
defibrillator/rhythm disturbance
___ heart valve disease
___ heart failure
___ heart transplantation
___ congenital heart disease

If you marked any of these statements in this section, consult your physician or other appropriate health care provider before engaging in exercise. You may need to use a facility with a medically qualified staff.

Symptoms
___ You experience chest discomfort with exertion.
___ You experience unreasonable breathlessness.
___ You experience dizziness, fainting, or blackouts.
___ You take heart medications.

Other health issues
___ You have diabetes.
___ You have asthma or other lung disease.
___ You have burning or cramping sensation in your lower legs when walking short distances.
___ You have musculoskeletal problems that limit your physical activity.
___ You have concerns about the safety of exercise.
___ You take prescription medication(s).
___ You are pregnant.

Cardiovascular risk factors
___ You are a man older than 45 years.
___ You are a woman older than 55 years, have had a hysterectomy, or are postmenopausal.
___ You smoke, or quit smoking within the previous 6 months.
___ Your blood pressure is >140/90 mm Hg.
___ You do not know your blood pressure.
___ You take blood pressure medication.
___ Your blood cholesterol level is > 200 mg/dL.
___ You do not know your cholesterol level.
___ You have a close blood relative who had a heart attack or heart surgery before age 55 (father or brother) or age 65 (mother or sister).
___ You are physically inactive (i.e., you get <30 minutes of physical activity on at least 3 days per week).
___ You are > 20 pounds overweight.

If you marked two or more of the statements in this section you should consult your physician or other appropriate health care provider before engaging in exercise. You might benefit from using a facility with a professionally qualified exercise staff to guide your exercise program.

___ None of the above

You should be able to exercise safely without consulting your physician or other appropriate health care provider in a self-guided program or almost any facility that meets your exercise program needs.

Mandel Jewish Community Center

ROCK STEADY BOXING

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of CLEVELAND