

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active. Being more active is very safe for most people; however, some people should check with their doctor before beginning increased physical exercise.

As the initial step for participating in Health & Human Performance (HHP) classes, please answer the seven questions in the block below. If you are between the ages of 15 to 69, this Risk Assessment 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 | |
|-----|----|--|
| | | 1. Has your doctor ever said that you have a heart condition g that you should only do physical activity recommended by a doctor? |
| | | 2. Do you feel pain in your chest during physical activity? |
| | | 3. In the past month, have you had chest pain at rest? |
| | | 4. Do you lose your balance, feel dizziness or lose consciousness? |
| | | 5. Has your doctor ever told you that you have a bone or joint problem that could be made worse by a change in your physical activity? |
| | | 6. Is your doctor currently prescribing medications (for example, water pills) for your blood pressure or heart condition? |
| | | 7. Please list any other signs, symptoms, conditions or diseases, such as seizure disorder or diabetes, that you have that could possibly affect your ability to participate in physical activity. |

YES? → 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 Risk Assessment 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 → If you answered **NO** honestly to **ALL** Risk Assessment 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.

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, causing your answers to become a 'YES' to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.**

Based on religious, cultural, or other beliefs, I, _____ choose not to provide the above informaUon. In doing so, I release Central Oregon Community College from all liability pertaining to my participation. ~OR~

I have read, understood and completed this questionnaire to the best of my knowledge. Any questions I had were answered to my full satisfaction. I understand that this questionnaire is not a substitute for a medical evaluation or a sport's physical. I agree to release and hold harmless, COCC, its agents and employees from any liability or responsibility for damages arising out of or in connection with my participation in the class/activity.

Student Name: _____ **Your Age:** _____ **Today's DATE:** _____

Student Signature: _____ **INSTRUCTOR SIGNATURE:** _____

Signature of PARENT or Guardian: _____

***If UNDER 18 years of age**