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# PAR-Q+ Overview

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## PAR-Q+ Overview

Online version and paper versions are found at: <http://eparmedx.com/>

### Introduction

The newly created PAR-Q+ and ePARmed-X+ tools are evidence-based, meeting the requirements recognized by the medical community. This new risk stratification and physical activity participation clearance strategy allows for persons normally screened out of physical activity participation to be screened (often self-screened) back into participation. The process is easy to complete and administer. In addition, it is applicable to persons of all ages and individuals living with chronic medical conditions.

### Administering the PAR-Q+

To begin, the participant simply answers the 7 new evidence-based questions on page 1 of the PAR-Q+. If the answer is **no** to all of the questions, he or she is cleared for unrestricted physical activity.

If the participant answers **yes** to 1 or more of the questions, he or she is required to complete pages 2 and 3 of the PAR-Q+.

Pages 2 and 3 of the PAR-Q+ contain a series of follow-up questions on specific chronic medical conditions to either clear the respondent or refer the respondent to the online ePARmed-X+. If the participant answers **no** to all of the follow-up questions on pages 2 and 3 of the PAR-Q+ regarding his or her medical condition, he or she is cleared to become more physically active. The participant also receives advice on how to develop a safe and effective physical activity plan, including physical activity recommendations that are appropriate for lower-risk individuals with established chronic medical conditions.

If the participant answers **yes** to 1 or more questions on pages 2 and 3, he or she is referred to a qualified exercise professional or to the ePARmed-X+ for further probing for pertinent information. At the end of the ePARmed-X+ process, the participant might be cleared for unrestricted physical activity participation or physical activity participation with restrictions. The participant is given a specially tailored exercise prescription to be monitored by a qualified exercise professional or is referred to a physician for additional medical probing or testing.

The result of this new screening strategy is that only a small proportion of participants (approximately 1%) are referred for additional medical screening, greatly reducing the burden experienced by physicians when using the old PAR-Q screening process. In this new process, persons previously screened out of physical activity participation are cleared (often self-screened via the PAR-Q+ or ePAR-med-X+) back into physical activity participation. The PAR-Q+ screening is valid for 12 months and the ePAR-med-X+ screening is valid for 6 months (to account for potential changes in health status).

\* Information adapted from Canadian Family Physician at [www.cfp.ca/content/59/3/273.full](http://www.cfp.ca/content/59/3/273.full)



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## 2014 PAR-Q+ Responses:

Paper version:

- NO responses; Complete Page 1 + Signed Page 4

Online version:

- No responses; computer directive printout

Paper Version:

- Yes response(s) on page 1; No response(s) on pages 2 & 3 with page 4 signed; this permits the condition to be flagged

Paper Version:

- Yes response(s) on page 1; Yes response(s) on pages 2 &/or 3 with page 4 signed which highlights the condition plus ePARmed-X+ directive

Online version:

- Yes response(s); ePARmed-X+ directive