

Exercise Preparticipation Health Screening Questionnaire for Exercise Professionals

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Assess your client's health needs by marking all *true* statements.

Step 1: Signs and Symptoms

Does your client experience:

- chest discomfort with exertion
- unreasonable breathlessness
- dizziness, fainting, blackouts
- ankle swelling
- unpleasant awareness of a forceful, rapid or irregular heart rate
- burning or cramping sensations in lower legs when walking short distance
- known heart murmur

If you **marked** any of these statements under the symptoms, **STOP**, your client should seek medical clearance before engaging in or resuming exercise. Your client may need to use a facility with **medically qualified staff**.

Step 2: Current Activity

Has your client performed planned, structured physical activity for at least 30 minutes at moderate intensity on at least 3 days per week for at least the last 3 months?

- Yes No

Continue to step 3.

Step 3: Medical Conditions

Has your client had or does he/she currently have:

- a heart attack
- heart surgery, cardiac catheterization, or coronary angioplasty
- pacemaker/implantable cardiac defibrillator/rhythm disturbance
- heart valve disease
- heart failure
- heart transplantation
- congenital heart disease
- diabetes
- renal disease

Evaluating Steps 2 and 3:

- If you **did NOT** mark any of the statements in **Step 3**, medical clearance is not necessary.
- If you **marked Step 2 “yes”** and **marked any of the statements in Step 3**, your client may continue to exercise at light to moderate intensity without medical clearance. Medical clearance is recommended before engaging in vigorous exercise.
- If you **marked Step 2 “no”** and **marked any of the statements in Step 3**, medical clearance is recommended. Your client may need to use a facility with medically qualified staff.

This preparticipation screening form was developed for exercise professionals for use with ACSM’s preparticipation screening algorithm, which can be found in *ACSM’s Guidelines for Exercise Testing and Prescription*, 10th edition, 2017.

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