

# ADULT PRE-EXERCISE SCREENING TOOL

This screening tool does not provide advice on a particular matter, nor does it substitute for advice from an appropriately qualified medical professional. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by SS Brown Holdings Pty Ltd trading as Cycle Studio for any loss, damage or injury that may arise from any person acting on any statement or information contained in this tool.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Male  Female  Date: \_\_\_\_\_

## STAGE 1 (COMPULSORY)

AIM: to identify those individuals with a known disease, or signs or symptoms of disease, who may be at a higher risk of an adverse event during physical activity/exercise. This stage is self administered and self evaluated.

Please circle response

1.	Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke?	Yes	No
2.	Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?	Yes	No
3.	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?	Yes	No
4.	Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	Yes	No
5.	If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months?	Yes	No
6.	Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise?	Yes	No
7.	Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise?	Yes	No

IF YOU ANSWERED 'YES' to any of the 7 questions, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity/exercise

IF YOU ANSWERED 'NO' to all of the 7 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise

I believe that to the best of my knowledge, all of the information I have supplied within this tool is correct.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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Instructor Initials \_\_\_\_\_

# EXERCISE INTENSITY GUIDELINES

INTENSITY CATEGORY	HEART RATE MEASURES	PERCEIVED EXERTION MEASURES	DESCRIPTIVE MEASURES
SEDENTARY	< 40% HRmax	Very, very light RPE# < 1	<ul style="list-style-type: none"> <li>Activities that usually involve sitting or lying and that have little additional movement and a low energy requirement</li> </ul>
LIGHT	40 to <55% HRmax	Very light to light RPE# 1-2	<ul style="list-style-type: none"> <li>An aerobic activity that does not cause a noticeable change in breathing rate</li> <li>An intensity that can be sustained for at least 60 minutes</li> </ul>
MODERATE	55 to <70% HRmax	Moderate to somewhat hard RPE# 3-4	<ul style="list-style-type: none"> <li>An aerobic activity that is able to be conducted whilst maintaining a conversation uninterrupted</li> <li>An intensity that may last between 30 and 60 minutes</li> </ul>
VIGOROUS	70 to <90% HRmax	Hard RPE# 5-6	<ul style="list-style-type: none"> <li>An aerobic activity in which a conversation generally cannot be maintained uninterrupted</li> <li>An intensity that may last up to about 30 minutes</li> </ul>
HIGH	≥ 90% HRmax	Very hard RPE# ≥ 7	<ul style="list-style-type: none"> <li>An intensity that generally cannot be sustained for longer than about 10 minutes</li> </ul>

# = Borg's Rating of Perceived Exertion (RPE) scale, category scale 0-10

# ADULT PRE-EXERCISE SCREENING TOOL

## STAGE 2 (OPTIONAL)

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date: \_\_\_\_\_

AIM: To identify those individuals with risk factors or other conditions to assist with appropriate exercise prescription. This stage is to be administered by a qualified exercise professional.

		RISK FACTORS																
<p>1. Age <input style="width: 100px;" type="text"/></p> <p>Gender <input style="width: 100px;" type="text"/></p>	<p>≥ 45yrs Males or ≥ 55yrs Females +1 risk factor</p>																	
<p>2. Family history of heart disease (eg: stroke, heart attack)</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Relative</td> <td style="text-align: center;">Age</td> <td style="text-align: center;">Relative</td> <td style="text-align: center;">Age</td> </tr> <tr> <td><input type="checkbox"/> Father</td> <td><input style="width: 40px;" type="text"/></td> <td><input type="checkbox"/> Mother</td> <td><input style="width: 40px;" type="text"/></td> </tr> <tr> <td><input type="checkbox"/> Brother</td> <td><input style="width: 40px;" type="text"/></td> <td><input type="checkbox"/> Sister</td> <td><input style="width: 40px;" type="text"/></td> </tr> <tr> <td><input type="checkbox"/> Son</td> <td><input style="width: 40px;" type="text"/></td> <td><input type="checkbox"/> Daughter</td> <td><input style="width: 40px;" type="text"/></td> </tr> </table>	Relative	Age	Relative	Age	<input type="checkbox"/> Father	<input style="width: 40px;" type="text"/>	<input type="checkbox"/> Mother	<input style="width: 40px;" type="text"/>	<input type="checkbox"/> Brother	<input style="width: 40px;" type="text"/>	<input type="checkbox"/> Sister	<input style="width: 40px;" type="text"/>	<input type="checkbox"/> Son	<input style="width: 40px;" type="text"/>	<input type="checkbox"/> Daughter	<input style="width: 40px;" type="text"/>	<p>If male &lt; 55yrs = +1 risk factor</p> <p>If female &lt; 65yrs = +1 risk factor</p> <p>Maximum of 1 risk factor for this question</p>	
Relative	Age	Relative	Age															
<input type="checkbox"/> Father	<input style="width: 40px;" type="text"/>	<input type="checkbox"/> Mother	<input style="width: 40px;" type="text"/>															
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<p>3. Do you smoke cigarettes on a daily or weekly basis or have you quit smoking in the last 6 months? Yes No</p> <p>If currently smoking, how many per day or week? <input style="width: 100px;" type="text"/></p>	<p>If yes, (smoke regularly or given up within the past 6 months) = +1 risk factor</p>																	
<p>4. Describe your current physical activity/exercise levels:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Sedentary</td> <td style="text-align: center;">Light</td> <td style="text-align: center;">Moderate</td> <td style="text-align: center;">Vigorous</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="border: 1px solid black;">Frequency <small>sessions per week</small></td> <td style="border: 1px solid black;"><input style="width: 40px;" type="text"/></td> <td style="border: 1px solid black;"><input style="width: 40px;" type="text"/></td> <td style="border: 1px solid black;"><input style="width: 40px;" type="text"/></td> </tr> <tr> <td style="border: 1px solid black;">Duration <small>minutes per week</small></td> <td style="border: 1px solid black;"><input style="width: 40px;" type="text"/></td> <td style="border: 1px solid black;"><input style="width: 40px;" type="text"/></td> <td style="border: 1px solid black;"><input style="width: 40px;" type="text"/></td> </tr> </table>	Sedentary	Light	Moderate	Vigorous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Frequency <small>sessions per week</small>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	Duration <small>minutes per week</small>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 40px;" type="text"/>	<p>If physical activity level &lt; 150 min/ week = +1 risk factor</p> <p>If physical activity level ≥ 150 min/ week = -1 risk factor (vigorous physical activity/ exercise weighted x 2)</p>	
Sedentary	Light	Moderate	Vigorous															
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>															
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<p>5. Please state your height (cm) <input style="width: 100px;" type="text"/></p> <p style="padding-left: 100px;">weight (kg) <input style="width: 100px;" type="text"/></p>	<p>BMI = _____</p> <p>BMI ≥ 30 kg/m<sup>2</sup> = +1 risk factor</p>																	
<p>6. Have you been told that you have high blood pressure? Yes No</p>	<p>If yes, = +1 risk factor</p>																	
<p>7. Have you been told that you have high cholesterol? Yes No</p>	<p>If yes, = +1 risk factor</p>																	
<p>8. Have you been told that you have high blood sugar? Yes No</p>	<p>If yes, = +1 risk factor</p>																	

Note: Refer over page for risk stratification.

STAGE 2 Total Risk Factors =

9. Have you spent time in hospital (including day admission) for any medical condition/illness/injury during the last 12 months?  
Yes No

If yes, provide details

10. Are you currently taking a prescribed medication(s) for any medical condition(s)? Yes No

If yes, what is the medical condition(s)?

11. Are you pregnant or have you given birth within the last 12 months? Yes No

If yes, provide details. I am \_\_\_\_\_ months pregnant or postnatal (circle).

12. Do you have any muscle, bone or joint pain or soreness that is made worse by particular types of activity? Yes No

If yes, provide details

## STAGE 3 (OPTIONAL)

AIM: To obtain pre-exercise baseline measurements of other recognised cardiovascular and metabolic risk factors. This stage is to be administered by a qualified exercise professional. (Measures 1, 2 & 3 – minimum qualification, Certificate III in Fitness; Measures 4 and 5 minimum level, Exercise Physiologist\*).

	RESULTS	RISK FACTORS
1. BMI (kg/m <sup>2</sup> )		BMI $\geq$ 30 kg/m <sup>2</sup> = +1 risk factor
2. Waist girth (cm)		Waist > 94 cm for men and > 80 cm for women = +1 risk factor
3. Resting BP (mmHg)		SBP $\geq$ 140 mmHg or DBP $\geq$ 90 mmHg = +1 risk factor
4. Fasting lipid profile*		Total cholesterol $\geq$ 5.20 mmol/L = +1 risk factor HDL cholesterol > 1.55 mmol/L = -1 risk factor HDL cholesterol < 1.00 mmol/L = +1 risk factor Triglycerides $\geq$ 1.70 mmol/L = +1 risk factor LDL cholesterol $\geq$ 3.40 mmol/L = +1 risk factor
5. Fasting blood glucose*		Fasting glucose $\geq$ 5.50 mmol = +1 risk factor
		STAGE 3 Total Risk Factors = <input type="text"/>

## RISK STRATIFICATION

Total stage 2  
or  
Total stage 3  
Plus stage 2 (Q1 - Q4)




### $\geq$ 2 RISK FACTORS – MODERATE RISK CLIENTS

Individuals at moderate risk may participate in aerobic physical activity/exercise at a light or moderate intensity (Refer to the exercise intensity table on page 2)

### < 2 RISK FACTORS – LOW RISK CLIENTS

Individuals at low risk may participate in aerobic physical activity/exercise up to a vigorous or high intensity (Refer to the exercise intensity table on page 2)

Note: If stage 3 is completed, identified risk factors from stage 2 (Q1-4) and stage 3 should be combined to indicate risk. If there are extreme or multiple risk factors, the exercise professional should use professional judgement to decide whether further medical advice is required.