Anyone participating in any group fitness class should modify the workout to their own fitness level. Classes are not geared specifically to any particular fitness level (beginner, intermediate, advanced.) However, some classes are recommended for people with experience of the class or a higher level of fitness to maximize the goals of the class. Please check with the fitness instructor, fitness coordinator, or check the class descriptions if there is any question to the appropriateness of a specific class to your personal fitness level and goals.

Revised Scale for Perceived Ratings of Exertion

<table>
<thead>
<tr>
<th>Scale</th>
<th>Description</th>
<th>Cardiorespiratory</th>
<th>Intensity</th>
<th>Time (Duration) or Repetitions</th>
<th>Type (Activity)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Nothing at all</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Very Light</td>
<td></td>
<td>Moderate</td>
<td>&gt;30 minutes*</td>
<td>Aerobic (cardiovascular endurance) activities and weightbearing exercise</td>
</tr>
<tr>
<td>2</td>
<td>Light</td>
<td></td>
<td>Vigorous</td>
<td>20-25 minutes*</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td>Combination of moderate and vigorous (40% to &lt;60% VO, R/HRR or &gt;80% VO, R/HRR)</td>
<td>20-30 minutes*</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Moderate</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Hard</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9*</td>
<td>Very Hard</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10*</td>
<td></td>
<td></td>
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</tbody>
</table>

The Talk Test
An individual should be able to carry on a normal conversation during exercise. If it is not possible to talk during exercise, exercise intensity should be decreased.

General Exercise Recommendations for Healthy Adults

<table>
<thead>
<tr>
<th>Training Component</th>
<th>Frequency (days per week)</th>
<th>Intensity</th>
<th>Time (Duration) or Repetitions</th>
<th>Type (Activity)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiorespiratory</td>
<td>&gt;5</td>
<td>Moderate (40% to &lt;60% VO, R/HRR)</td>
<td>&gt;30 minutes*</td>
<td>Aerobic (cardiovascular endurance) activities and weightbearing exercise</td>
</tr>
<tr>
<td></td>
<td>&gt;3</td>
<td>Vigorous (&gt;60% VO, R/HRR)</td>
<td>20-25 minutes*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3-5</td>
<td>Combination of moderate and vigorous (40% to &lt;60% VO, R/HRR or &gt;80% VO, R/HRR)</td>
<td>20-30 minutes*</td>
<td></td>
</tr>
<tr>
<td>Resistance</td>
<td>2-3</td>
<td>60-80% or 1 HM or RPE _5 to 6 (0-10 scale) for older adults</td>
<td>2-4 sets of 8-25 repetitions (e.g., 8-12, 10-15, 15-25; depending upon goal)</td>
<td>8-10 exercises that include all major muscle groups (full-body or split routine); muscular strength and endurance, calisthenics, and neuromuscular (balance and agility) exercise</td>
</tr>
<tr>
<td>Flexibility</td>
<td>&gt;2-3</td>
<td>Stretch to the limits of discomfort within the ROM. to the point of mild tightness without discomfort</td>
<td>&gt;1 repetitions per muscle group Static: 15-60 seconds; PNF: hold 6 seconds, then a 10-30 second assisted stretch</td>
<td>All major muscle-tendon groups Static: PNF, or dynamic (ballistic may be fine for individuals who participate in ballistic activities)</td>
</tr>
</tbody>
</table>

*Continuous exercise or intermittent exercise in bouts of at least 10 minutes in duration to accumulate the minimum recommendation for the given intensity.

Nola: VO R = VO, reserve; HRR = Heart rate reserve; 1 RM = One-repsilion maximum; RPE= Ratings of perceived exertion; ROM= Range of motion; PNF - Propraceptive neuromuscular facilitation


Delay Becoming Much More Active:
- If you are or may be pregnant, please complete this questionnaire found at [http://www.csep.ca/crmfiles/publications/parq/parmed-xpreg.pdf](http://www.csep.ca/crmfiles/publications/parq/parmed-xpreg.pdf) and consult your physician before beginning an exercise program.
- If you have any known risk factors for cardiovascular disease, complete the questionnaire found at [http://www.csep.ca/crmfiles/publications/parq/parmed-x.pdf](http://www.csep.ca/crmfiles/publications/parq/parmed-x.pdf) and consult your physician before beginning an exercise program.

THE OHIO STATE UNIVERSITY ■ DEPARTMENT OF RECREATIONAL SPORTS ■ OFFICE OF STUDENT LIFE
PAR-Q & YOU
(A Questionnaire for People Aged 15 - 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q 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.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>☐</td>
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</tbody>
</table>

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 PAR-Q 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 to all questions

If you answered NO honestly to all PAR-Q 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. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

Please note:
If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

“I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.”

Name: ________________________________ Date: __________________________

Signature: ________________________________ Signature of Parent: ________________________________ or Guardian (for participants under the age of majority) Witness: ________________________________

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.