



CENTRO  
REGIONALE  
DI MEDICINA  
DELLO SPORT  
TRIESTE

## SCREENING QUESTIONNAIRE PRE-PARTECIPATION IN EXERCISE PROGRAMS

(AMERICAN HEART ASSOCIATION and AMERICAN COLLEGE OF SPORTS MEDICINE  
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Please check carefully this questionnaire which helps to verify your physical situation and to practice safe physical activity that best suits your health condition

### SESSION 1

#### **History**

Have you suffer of:

- heart attack
- heart surgery
- cardiac catheterization
- coronary angioplasty (PTCA)
- cardiac pacemaker or defibrillator
- arrhythmias
- valvular heart disease
- heart failure
- heart transplant
- congenital heart disease

#### **Symptoms**

- You feel chest pain during exercise
- You feel anxiety / lack of air for no reason
- You feel vertigo/ dizziness, fainting, blurred vision
- You take heart medicine or medicines in general
- You have musculoskeletal problems
- You are pregnant

If you answered yes to any of these statements , before engaging in an exercise program you need appropriate medical evaluation , because you may need to make exercise under medical supervision.

### SESSION 2

#### **Cardiovascular risk factors**

- Man over 45 years
- Woman over 55 years , or hysterectomized, or in menopause
- Your blood pressure is higher than 140/90
- You do not know the value of your blood pressure
- You take medicines for hypertension
- Your cholesterol is higher than 200 mg/dl
- You do not know the value of your cholesterol

- A close relative had a heart attack before age 55 ( father or brother ) or before age 65 ( mother or sisters )
- You are diabetic/or take medication to control blood glucose
- You are sedentary ( it means that you do less than 30 minutes of physical activity at least three times a week)
- You are overweight by more than ten kilograms
- You are a smoker

If you answered yes to at least two of the statements in this section, you need appropriate medical evaluation before engaging in an exercise program.

We recommend ,however, to talk with your doctor before starting an exercise program, even if you did not answer yes to any of the statements in this questionnaire.