

19. **How many days per week do you accumulate 30 minutes of moderate activity?**

0 1 2 3 4 5 6 7 days per week

20. **How many days per week do you normally spend at least 20 minutes in vigorous exercise?**

0 2 3 4 5 6 7 days per week

21. **Can you walk 6.5 km briskly without fatigue?**

Yes No

22. **Can you jog 5 km continuously at a moderate pace without discomfort?**

Yes No

23. **Weight now:** kg. **One year ago:** kg. **Age 21:** kg.

Part 4. Health-related attitudes (Howley & Franks, 2003)

24. **These are traits that have been associated with coronary-prone behaviour (*rf*). Circle the number that corresponds to how you feel:**

- 6 = Strongly agree
- 5 = Moderately agree
- 4 = Slightly agree
- 3 = Slightly disagree
- 2 = Moderately disagree
- 1 = Strongly disagree

I am an impatient, time-conscious, hard-driving individual.

1 2 3 4 5 6

25. **List everything not already included all this questionnaire that might cause you problems in a fitness test or fitness program:**

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

Code for Health Status Questionnaire

The following codes will help you evaluate the information in the Health Status Questionnaire.

(ei) = Emergency Information-must be readily available.

(mc) = Medical Clearance needed -do not allow exercise without physician's permission.

(sep) = Special Emergency Procedures needed-do not let participant exercise alone; make sure The person's exercise partner knows what to do in case of an emergency.

(rf) = Risk Factor for CHD (educational materials and workshops needed).

(sla) = Special or Limited Activities may be needed-you may need to include or exclude specific exercises.

(other) (not marked) = Personal Information that may be helpful for files or research.

Contraindications to exercise testing (Gibbons, et al., 2002)

Below is a list of absolute and relative contraindications for exercise testing:

Absolute

Acute myocardial infarction (Within 2 days)

High-risk unstable angina

Uncontrolled cardiac arrhythmias causing symptoms or hemodynamic compromise

Symptomatic severe aortic stenosis

Uncontrolled symptomatic heart failure

Acute pulmonary embolus or pulmonary infarction

Acute myocarditis or pericarditis

Acute aortic dissection

Relative

Left main coronary stenosis

Moderate stenotic valvular heart disease

Electrolyte abnormalities

Severe arterial hypertension

Tachyarrhythmias or bradyarrhythmias

Hypertrophic cardiomyopathy and other forms of outflow tract obstruction

Mental or physical impairment leading to inability to exercise adequately

High-degree atrioventricular block

References

Gibbons, R. J., Balady, G. J., Timothy Bricker, J., Chaitman, B. R., Fletcher, G. F., Froelicher, V. F., et al. (2002). ACC/AHA 2002 Guideline Update for Exercise Testing: Summary Article: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (Committee to Update the 1997 Exercise Testing Guidelines). *Circulation*, *106*(14), 1883-1892. doi: 10.1161/01.cir.0000034670.06526.15

Howley, E. T., & Franks, B. D. (2003). *Health fitness instructor's handbook*. Champaign, IL: Human Kinetics.