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| **Physical Activity Readiness** | |
| **Protocol Id** | 150401 |
| **Version #** | 1 |
| **Description of Protocol** | A brief set of self-administered physical and medical questions used to determine if the person needs to visit a doctor or fitness expert prior to an increase in physical activity. |
| **Specific Instructions** | None |
| **Protocol Text** | The Physical Activity Readiness Questionnaire (PAR-Q) titled ["PAR-Q and You"](file:///C:\Users\hpan\Downloads\toolkit_content\supplemental_info\physical\additional_info\PAR-Q.pdf) is available by opening this [link](file:///C:\Users\hpan\Downloads\toolkit_content\supplemental_info\physical\additional_info\PAR-Q.pdf). It is also available at the Canadian Society for Exercise Physiology website. |
| **Selection Rationale** | This protocol is widely accepted for use in physical activity research. |
| **Source** | *Physical Activity Readiness Questionnaire (PAR-Q)* © 2002. Used with permission from the Canadian Society for Exercise Physiology. |
| **Language** | English, French |
| **Participant** | Ages 15 to 69 |
| **Personnel and Training Required** | None |
| **Equipment Needs** | None |
| **Standards** | |  |  |  |  | | --- | --- | --- | --- | | **Standard** | **Name** | **ID** | **Source** | | Common Data Elements (CDE) | Person Physical Activity Readiness Assessment Description Text | 3061239 | [CDE Browser](https://cdebrowser.nci.nih.gov/CDEBrowser/search?elementDetails=9&FirstTimer=0&PageId=ElementDetailsGroup&publicId=3061239&version=1.0) | | Logical Observation Identifiers Names and Codes (LOINC) | Phys act readiness proto | 62823-0 | [LOINC](http://s.details.loinc.org/LOINC/62823-0.html?sections=Web) | |
| **General References** | None |
| **Protocol Type** | Self-administered questionnaire |
| **Derived Variables** | None |
| **Requirements** | |  |  | | --- | --- | | **Requirement Category** | **Required** | | Average time of greater than 15 minutes in an unaffected individual  Average time of greater than 15 minutes in an unaffected individual | No | | Major equipment  This measure requires a specialized measurement device that may not be readily available in every setting where genome wide association studies are being conducted. Examples of specialized equipment are DEXA, Echocardiography, and Spirometry | No | | Specialized requirements for biospecimen collection  This protocol requires that blood, urine, etc. be collected from the study participants. | No | | Specialized training  This measure requires staff training in the protocol methodology and/or in the conduct of the data analysis. | No | |