

PLEASE PRINT NAME _____
First Last

Date _____

HEALTH HISTORY QUESTIONNAIRE

Although participating in activities, exercise testing and exercise classes are relatively safe for most apparently healthy individuals, the reaction of the cardiovascular system to increased physical activity cannot always be totally predicted. Consequently, a person takes a small but real risk of certain changes occurring during participation in exercise testing, physical activities or other physical fitness development activities. These changes may include abnormal blood pressure, irregular heart rhythm, fainting, and in rare instances, a heart attack or cardiac arrest.

Therefore, it is imperative that you provide honest answers to this questionnaire. Participation in physical activity and /or exercise may be ill-advised under some of the conditions listed below; others simply may require special consideration. **IF ANY OF THE CONDITIONS APPLY, CONSULT YOUR PHYSICIAN BEFORE YOU PARTICIPATE IN ANY ACTIVITY OR EXERCISE PROGRAM.** It is also important that you promptly report to your instructor any exercise-related abnormalities that you may experience during participation in physical activity or exercise classes.

A. Have you ever had or do you now have any of the following conditions:

- ___ 1. Myocardial Infarction (Heart Attack)
- ___ 2. Coronary artery disease
- ___ 3. Congestive heart failure
- ___ 4. Elevated blood lipids (cholesterol and triglycerides)
- ___ 5. Chest pain at rest or during exertion
- ___ 6. Shortness of breath
- ___ 7. Abnormal resting or stress electrocardiogram
- ___ 8. Uneven, irregular, or skipped heartbeats (including racing or fluttering heart)
- ___ 9. Blood embolism (Blood Clot)
- ___ 10. Thrombophlebitis (swelling [inflammation] of a vein caused by a blood clot)
- ___ 11. Rheumatic heart fever
- ___ 12. Elevated blood pressure
- ___ 13. Stroke
- ___ 14. Diabetes
- ___ 15. Scoliosis
- ___ 16. Seizures
- ___ 17. Blood clotting disorders
- ___ 18. Nose bleeds (prone to)
- ___ 19. Hypoglycemia
- ___ 20. Asthma
- ___ 21. Arthritis, rheumatism or gout
- ___ 22. Chronic low back pain
- ___ 23. Any other joint, bone, or muscle problems
- ___ 24. Any respiratory problems
- ___ 25. Obesity
- ___ 26. Anorexia
- ___ 27. Bulimia
- ___ 28. Mononucleosis
- ___ 29. Any physical disability that could interfere with safe participation in physical activity
- ___ 30. Family history of coronary heart disease, syncope [fainting, blacking out], or sudden death before age 60
- ___ 36. Any other heart problem that makes activity unsafe
- ___ 37. Other conditions that would restrict or limit participation: _____

B. Do any of the following questions apply:

- ___ 1. Do you smoke cigarettes?
- ___ 2. Are you taking any medications that would adversely effect participation in physical activity? If so, please speak with the instructor before the course begins.

Student's Signature _____ Date: _____

RESPONSIBILITIES OF STUDENTS AND FACULTY IN ACTIVITY COURSES

The courses in which you have elected to participate are either required as part of your major or elective. Regardless of the case, you must realize that there is a certain assumption of risk which you engender when you participate in activity classes such as these. *You must be aware of this assumption.*

Throughout the conduct of each class you will receive competent, progressive, sequential instruction and proper supervision. Every effort will be made to keep all facilities and equipment in good, safe, workable condition.

You will not be asked to do anything which is inconsistent with the activity or is in any way not reasonable and prudent. However, the entire responsibility is not the instructor's. You, too, have a responsibility. For your own safe participation, and that of your fellow students, you must call to the attention of the instructor any situation which you perceive to be a potential danger to you and your fellow students. This would include, but should not be limited to:

- equipment that has broken or is in need of repair;
- when you are not feeling well or are unduly fatigued;
- when you have unusual difficulty in performing a skill;
- unsafe practices/behavior of other students.

Also, you are obligated to follow the rules and regulations set down by the instructor for your safety. This includes the proper dress, such as tennis shoes and protective equipment, e.g., eyeglass guards. If you choose not to use such protective equipment provided or requested, you must realize that you are doing so at your own peril and that injury might occur.

We all want a safe environment, but it must be recognized that accidents do occur in active participation. We want vigorous participation, but all of us (instructor, you and fellow students) must use good judgment and work together for safe participation.

Should an injury be incurred, regardless of the degree, the instructor should be notified. Rhode Island College Health Services will be notified.

The injured party is responsible for all financial obligations incurred in this process and subsequent treatment necessitated by the injury. Because of this, students are encouraged to carry some form of health-care insurance. Please discuss with your instructor any known physical problems which may limit your participation in any class. *This should be done by the second class session.* It is important to do this in as much as a medical examination is no longer a requirement for admission to the College.

Should you have any questions regarding this statement, please contact your instructor.

Course _____

Section _____

Print your name: _____

Student Signature

Date