



FAQs

FAQ

Q1. Why exercise is good for our health?

Ans. In fact, exercise is one of the most important parts of keeping your body at a healthy weight. Exercise helps people lose weight and lower the risk of some diseases. Exercising to maintain a healthy weight decreases a person's risk of developing certain diseases, including type 2 diabetes and high blood pressure.

Q2. What is the PAR-Q?

Ans. The physical activity readiness questionnaire (PAR-Q) is a self-screening tool that can be used by anyone who is planning to start an exercise programme. The PAR-Q is mostly used to identify when physical activity would be inappropriate for a client or whether a client should seek medical advice before starting a programme.

Q3. Define Initial ACSM Risk Stratification screening.

Ans. The "Initial ACSM Risk Stratification" screening defines in three risk categories. They are -

1. Low Risk: Younger individuals who are asymptomatic and meet no more than one risk factor threshold (from the CAD risk factor chart).
2. Moderate Risk: Older individuals (men more than 45 years of age; women more than 55 years of age) or those who meet the threshold for two or more risk factors (from the CAD risk factor chart).
3. High Risk: Individuals with known cardiovascular or pulmonary disease; known metabolic disease, such as type 1 or type 2 diabetes; or one or more signs/symptoms suggestive of any of these diseases.

Q4. Write a short note on informed consent. What is its certain basic information?

Ans. The last step in the exercise screening process should provide an opportunity for all clients to give informed consent before beginning an exercise program. The informed consent document can vary among facilities depending on clientele, staff, equipment, etc. The informed consents should be written in an understandable manner and include certain basic information:

1. purpose of the consent
2. degree of exercise supervision (i.e., close monitoring, occasional monitoring)
3. benefits and risks of exercise participation
4. steps or procedures that will be followed in an emergency situation

5. responsiveness of the client (i.e., reporting of symptoms, exercise program adherence)
6. statement covering confidentiality and freedom of consent to participate in the program

Q5. What are the basic areas of Health history questionnaire (HHQ)?

Ans. The basic areas of Health history questionnaire (HHQ) are;

1. demographic information (including health care provider information)
2. medical diagnoses (cardiovascular, pulmonary, metabolic, musculoskeletal disorders)
3. history of symptoms for disease (chest pain, dizziness, shortness of breath, palpitations, musculoskeletal pain, etc.)
4. family history (primarily immediate family, including mother, father, sisters, brothers)
5. previous physical exam, lab and exercise test results
6. recent illnesses, hospitalizations, medications and allergies
7. health habits (diet, stress, tobacco, alcohol, etc.) and exercise/work history
8. pregnancy status

Q6. What is Health Screening?

Ans. Health screenings are tests that look for diseases before the client has symptoms. Screening tests can find diseases early, when they are easier to treat.