

**身體狀況安全問卷調查**  
**PAR-Q FORM**  
(為年齡介乎15至69人士之間卷)  
(A Questionnaire for People Aged 15 to 69)

為閣下安全，請回答以下問題（在適用處□打上✓號）

For your safety, please answer the following questions by ticking (✓) the appropriate box (□)

沒有 NO	有 (或不清楚) YES or not sure	
<input type="checkbox"/>	<input type="checkbox"/>	1. 你的醫生有否告訴你，你的心臟有問題，並要求你只能在醫生建議的情況下才能進行運動？ Does your doctor ever said that you have a heart condition and so that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. 當你進行運動時，胸腔有否感到痛楚？ Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. 在過往一個月，你會否試過在沒有運動情況下出現胸腔痛楚感覺？ In the past month, did you have chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. 你有否由於頭暈而導致失去平衡，或至失去知感？ Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. 你有否因改變你的運動計畫而導致骨骼或關節問題惡化的情況？ Do you have a bone or joint problem that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. 你的醫生現時有否開藥方給你用於血壓或心臟等問題？ Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. 你是否知道有可因素導致你不運動的原因？ Do you know of any other reasons why you cannot do physical activity?

我已經閱讀、明白及完成這問卷。以上問題的答案均是本人所同意。

I have read, understood and completed this questionnaire. All questions are answered to my full satisfaction.

簽署  
Signature \_\_\_\_\_

日期  
Date \_\_\_\_\_

Instruction of PAR-Q	身體狀況安全問卷調查使用指引
If you answered yes to one or more questions	若「有」的答案有一個或以上
Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.	在你進行運動或體適能評估之前，請親身或透過電話諮詢你的醫生。告訴你的醫生有關PAR-Q的資料及那些問題專案的是「有」。
<ul style="list-style-type: none"> <li>• You may be able to do any activity you want - as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.</li> </ul>	<ul style="list-style-type: none"> <li>• 你或許能進行任何運動，但要在開始時將強度降低，並逐漸提高。或你可能限制只能參與對你安全的運動。諮詢你的醫生有關你希望參與的運動，並參考醫生的意見。</li> </ul>
<ul style="list-style-type: none"> <li>• Find out which community programs are safe and helpful for you.</li> </ul>	<ul style="list-style-type: none"> <li>• 尋找對你合適與安全的社會康體計畫</li> </ul>
If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:	若你真實地回答所有的問題，並所有的答案是「沒有」。你能夠:
<ul style="list-style-type: none"> <li>• start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.</li> </ul>	<ul style="list-style-type: none"> <li>• 進行運動 (但要在開始時將強度降低，並逐漸提高。這是最安全及最容易的方法。)</li> </ul>
<ul style="list-style-type: none"> <li>• take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.</li> </ul>	<ul style="list-style-type: none"> <li>• 進行體適能評估 (這是最好的方法測試你現在體適能狀況，因此你能更有效計畫你的健康生活。)</li> </ul>