

# THE PEARSON CENTRE FOR YOUNG PEOPLE

## YOUTH HEALTH QUESTIONNAIRE (PAR-Q)

Personal Details (Please write in BLOCK CAPITALS)

Name

Age

Address

Postcode

Email Address

Telephone Number

Emergency Telephone Number

Do you have any of the following? (Please tick)

Epilepsy  Asthma  Diabetes  Heart Problems

Joint Problems  Movement  Allergies   
(eg Osgood Schlatters) Disabilities (Please specify)

Has anyone in your family had a heart problem when young? (Please tick)

Yes  No

Have you ever been in hospital? (Please tick)

Yes  No

If you have been in hospital, please specify when and for what reason

What do you normally do during break-times at school? (Please tick)

Play a game or sport  Use school library  Talk to your friends

Eat food (please specify)

Other (please specify)

How many hours a day do you watch TV?

Less than 1 hour  1 - 2 hours  3 - 4 hours  4 - 5 hours  More than 5 hours

How many hours a day do you play computer games?

Less than 1 hour  1 - 2 hours  3 - 4 hours  4 - 5 hours  More than 5 hours

Do you play outside of school, either with your friends or in teams? (Please tick)

Yes, with friends  Yes, in a team  No

Does it usually make you feel ..... (please tick)

Hot  Sweaty  Out of breath  No change

Other (please specify)

Does being involved in physical activity such as cycling, gymnastics, football, netball etc make you feel (please tick)

Happy  Sad  Closer to friends  Alone

Other (please specify)

Do you think being active is a good thing? (please tick)

Yes  No

Why?

**IMPORTANT: Terms and Conditions**

Appropriate attire and footwear must be worn at all times. Jeans or clothing with studs is not suitable attire. If a member requires medication during their visit, a parent and guardian must agree that a registered leader from The Pearson Centre can administer it. Any accidents, however minor, will be documented in the Centre first aid book. All members using the gym are subject to the behaviour policy which is clearly displayed in the youth gym. Management's decision regarding this is final and is subject to change at any time without notice. All members will be given an induction programme which is fully supervised. Neither the company, nor any employees or agent of the company shall be responsible for any death, personal injury or illness occurring upon the Centre premises or as a result of the use of facilities and/or equipment provided by the Centre, except to the extent that such death, personal injury or illness arises from any negligent act or omission of the company or its employees or agents.

Signing below indicates that you have read and agree with the terms and conditions above.

Signed:  
(Parent/Guardian)

Date:

PRINT NAME: