

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 (eg Osgood Schlatters) ☐ Movement Disabilities ☐ Allergies (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 friend ☐
 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 friend ☐ Alone ☐

Other (please specify) ☐

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

Youth Questionnaire Template

Judd E. Hollander



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