ADULT PRE-EXERCISE SCREENING SYSTEM (APSS)



This screening tool is part of the <u>Adult Pre-Exercise Screening System (APSS)</u> that also includes guidelines (<u>see User Guide</u>) on how to use the information collected and to address the aims of each stage. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Exercise & Sport Science Australia, Fitness Australia, Sports Medicine Australia or Exercise is Medicine for any loss, damage, or injury that may arise from any person acting on any statement or information contained in this system.

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AIM:	To identify individuals adverse event due to	ify individuals with known disease, and/or signs or symptoms of disease, who may be at a higher risk of an event due to exercise. An adverse event refers to an unexpected event that occurs as a consequence of an ession, resulting in ill health, physical harm or death to an individual.						
	This stage may be sel the figures on page 2. for clarification.	f-administered	d and se l f-eva	aluated by the clien tions about the scr	nt. P l ease cor	please con	tact your exe	rcise profession
	medical practitioner e a stroke?	ever to l d you th	at you have a				YES	NO
2. Do you e	ver experience unexpla xercise?	ained pains or o	discomfort in y	our chest at rest or	during physic	cal		
3. Do you e	ever fee l faint, dizzy o	r lose balance	during physi	cal activity/exerci	se?			
4. Have you last 12 m	u had an asthma attao nonths?	ck requiring in	nmediate me	dica l attention at a	ın y time over	the		
5. If you have diabetes (type 1 or 2) have you had trouble controlling your blood sugar (glucose) in the last 3 months?								
6. Do you h	nave any other conditi	ions that may	require spec	ia l consideration f	or you to exe	rcise?		
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FIGURE 1: Stage 1 Screening Steps

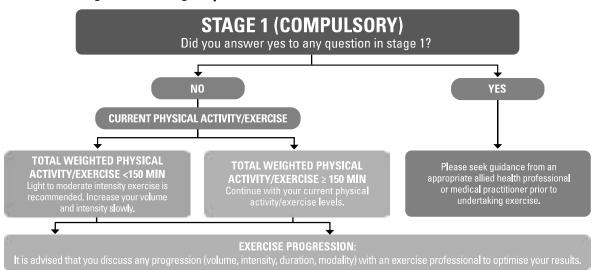


FIGURE 2: Exercise Intensity Guidelines

INTENSITY CATEGORY	HEART RATE MEASURES	PERCEIVED EXERTION MEASURES	DESCRIPTIVE MEASURES
LIGHT	40 to <55% HRmax*	VERY LIGHT TO LIGHT RPE# 1-2	An aerobic activity that does not cause a noticeable change in breathing rate An intensity that can be sustained for at least 60 minutes
MODERATE	55 to <70% HRmax*	MODERATE TO SOMEWHAT HARD RPE# 3-4	An aerobic activity that is able to be conducted whilst maintaining a conversation uninterrupted An intensity that may last between 30 and 60 minutes
VIGOROUS	70 to <90% HRmax*	HARD RPE# 5-6	• An aerobic activity in which a conversation generally cannot be maintained uninterrupted • An intensity that may last up to 30 minutes
HIGH	≥ 90% HRmax*	VERY HARD RPE# 7	An aerobic activity in which it is difficult to talk at all An intensity that generally cannot be sustained for longer than about 10 minutes

^{*} HRmax = estimated heart rate maximum. Calculated by subtracting age in years from 220 (e.g. for a 50 year old person = 220 - 50 = 170 beats per minute). # = Borg's Rating of Perceived Exertion (RPE) scale, category scale 0-10.

Modified from Norton K, L, Norton & D. Sadgrove. (2010). Position statement on physical activity and exercise intensity terminology. J Sci Med Sport 13, 496-502.

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