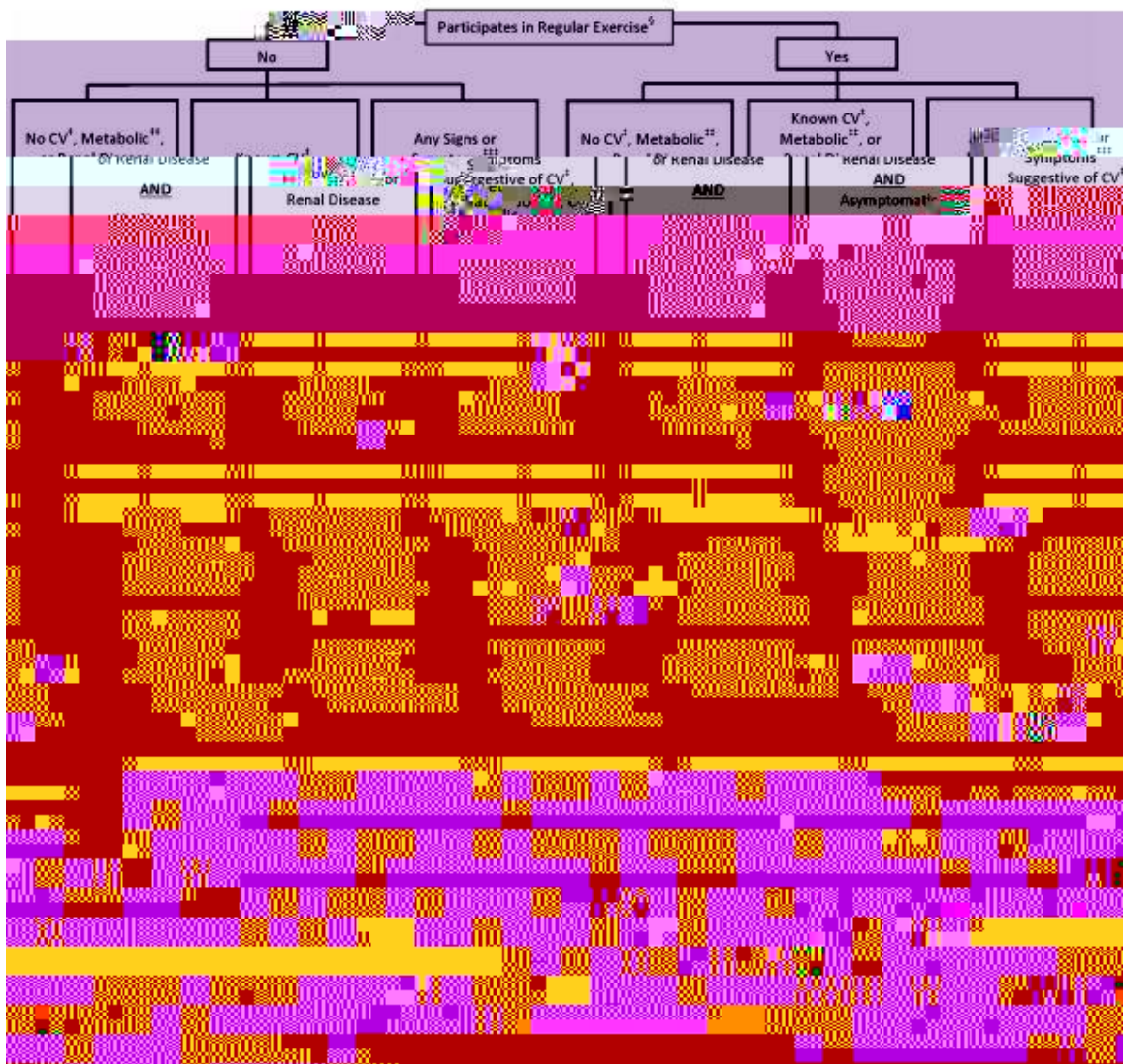


Exercise Testing Checklist

The application should/must:

describe the study sample in sufficient detail (i.e., inclusion/exclusion criteria) in order to justify the appropriate level of exercise test supervision. The application should refer to the American College of Sports Medicine Guidelines for Exercise Testing and Prescription. *Note: The ACSM Exercise Pre-participation Health Screening Recommendations, state that CVD risk factor assessment and risk classification are no longer part of the exercise pre-participation health screening. Instead, the ACSM exercise pre-participation health screening process focuses on 1) individual's current level of physical activity, 2) presence of signs or symptoms of known cardiovascular, metabolic, or renal disease, and 3) desired exercise intensity. Please see below.*



From:

Riebe, D., Franklin, B. A., Thompson, P. D., Ewing Garber, C., Whitfield, G. P., Magal, M. & Pescatello, L. S. (2015). Updating ACSM's recommendations for exercise preparticipation health screening. *Medicine & Science in Sports & Exercise*, 47, pp. 2473 – 2479, doi: 10.1249/MSS.0000000000000664

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identify an appropriate physical activity readiness questionnaire (e.g., PAR-Q) that will be used to guide the pre-participation health screening process. The application should clearly state the inclusion/exclusion criterion based on the anticipated health status of participants and ACSM guidelines.

For participants requiring medical clearance, based on the flow chart above, the application should specify the format by which that clearance will be obtained (e.g., letter form a doctor)

include specific instructions that will be provided to research participants on how to prepare for the exercise test.

should clearly state that the decision to end an exercise test will be based on