

## CSEP-PATH: PHYSICIAN PHYSICAL ACTIVITY READINESS CLEARANCE

Dear Physician, \_\_\_\_\_

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Your patient has consulted a Canadian Society for Exercise Physiology – Certified Personal Trainer® (CSEP-CPT) for a physical activity, fitness and lifestyle assessment and/or personal training services.

Although evidence demonstrates that becoming more active is very safe for most people and yields many health benefits, it is important to identify clients who may need a more thorough evaluation before doing a fitness assessment or becoming much more physically active.

During our standardized screening procedures we became aware that your patient:

☐ Answered “Yes” to one or more questions on the Physical Activity Readiness Questionnaire (PAR-Q+) – see copy attached. Specific concern: \_\_\_\_\_

☐ Had a Resting Heart Rate of \_\_\_\_ (above the safety cut-off of 99 bpm)

☐ Had a Resting Blood Pressure of \_\_\_\_/\_\_\_\_ (above the safety cut-off of 144/94 mmHg)

To ensure that your patient proceeds in the safest way possible, they were advised to consult with you about becoming more physically active. Please complete and sign this form, indicating any necessary physical activity restrictions, and have your patient return the form to their CSEP-CPT.

Based upon my review of the health status of \_\_\_\_\_, I recommend:

☐ Unrestricted physical activity based on the Canadian Physical Activity Guidelines - start slowly and build up gradually

☐ Progressive physical activity:

☐ With avoidance of: \_\_\_\_\_

☐ With inclusion of: \_\_\_\_\_

☐ Only a medically-supervised exercise program until further medical clearance

☐ No physical activity

# Csep Path Physician Physical Activity Readiness Clearance

**Société canadienne de physiologie de  
l'exercice**



**Csep Path Physician Physical Activity Readiness Clearance:**

*CSEP-PATH* ,2018      **CSEP-PATH** Société canadienne de physiologie de l'exercice,2019      **CSEP-PATH** Société canadienne de physiologie de l'exercice,2021      Physical Activity Training for Health (CSEP-PATH). ,2013

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