

SPU Risk Guidelines for Exercise and Testing Prescription

According to the new 2005 (7th) edition of *ACSM's Guidelines for Exercise Testing and Prescription*, risk strata for physical activity participants are as follows:

Low Risk

Males <45 and females <55 years of age who have no known disease, no signs or symptoms of disease, **and** no more than one of the major risk factors identified by the American Heart Association.

Moderate Risk

Males ≥ 45 and females ≥ 55 years of age **or** those who have no known disease, no signs or symptoms of disease, **and** have more than one of the major risk factors identified by the American Heart Association.

High Risk

Individuals with known disease or any signs or symptoms identified by the American Heart Association.

It is recommended that all participants first complete a medical screening questionnaire similar to the ACSM/AHA Questionnaire or the PAR-Q (Physical Activity Readiness Questionnaire) to determine if medical clearance or supervision is advised prior to physical fitness assessment or beginning a new exercise program.

After informed consent is obtained...

Low risk participants **may participate in maximal** exercise testing and/or **vigorous** activity without medical clearance or supervision.

Moderate risk participants **may participate in submaximal** exercise testing and/or **moderate-intensity** activity without medical clearance or supervision. Medical examination and exercise testing is recommended prior to initiation of vigorous exercise training.

High risk participants are advised to seek medical examination and exercise testing before initiating moderate-intensity activity, and submaximal testing should be medically supervised.