

PHYSICAL ACTIVITY RISK FACTOR QUESTIONNAIRE INSTRUCTIONS

Block 1: Only for females, do not complete this block if you are male

Block 2: Have you previously been exempt from participating in PT for more than one month?

Block 3: Is there an injury currently preventing you from participating in PT?

Block 4: This is referring to NSTC 1533/107, the Annual Certificate of Physical Condition, which must be completed prior to participating in PT

Block 5, 6, 7: Answer yes or no accordingly