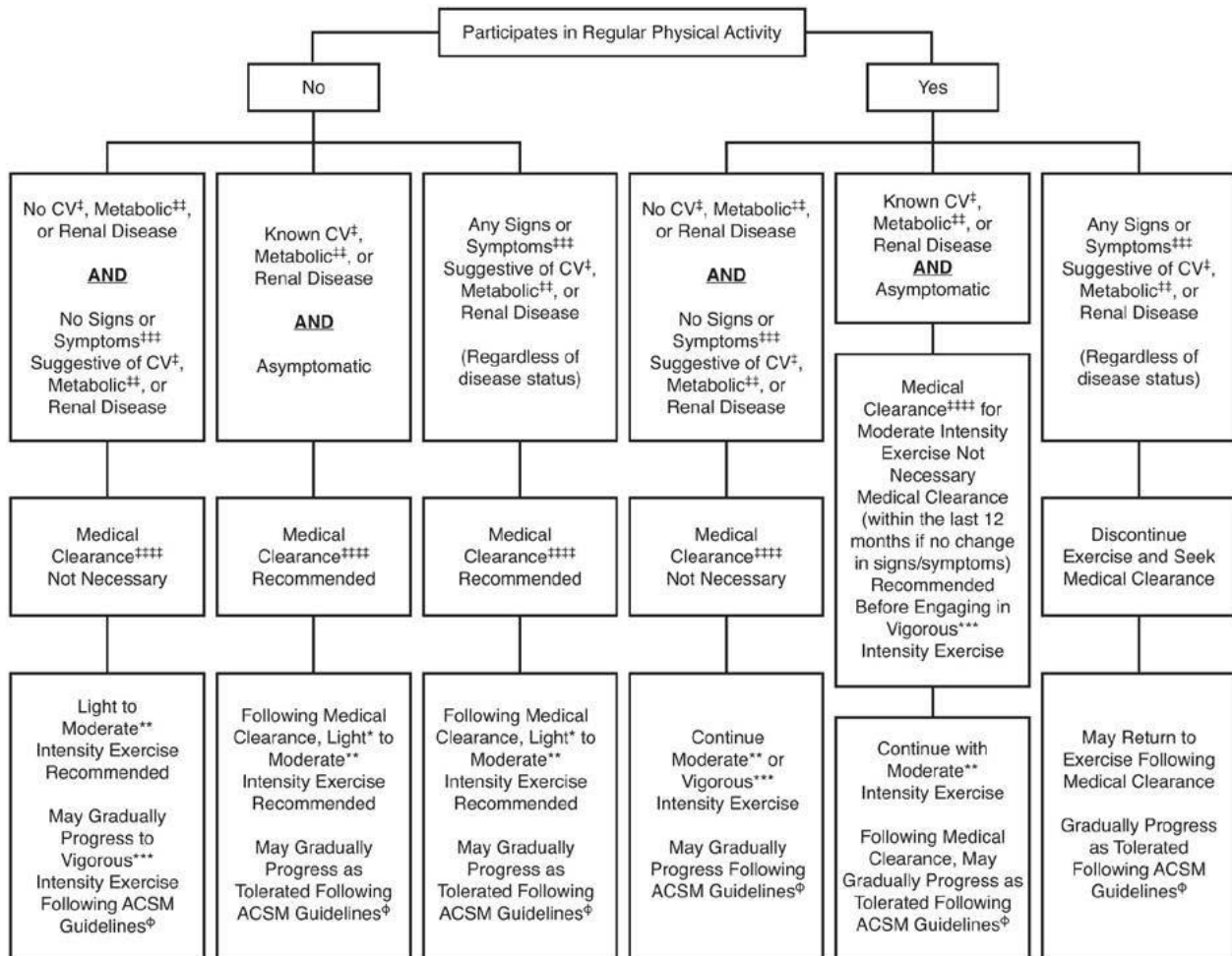


## ACSM Preparticipation Screening Guidelines



§Exercise Participation

Performing planned, structured physical activity at least 30 min at moderate intensity on at least 3 d · wk<sup>-1</sup> for at least the last 3 months

\*Light Intensity Exercise

30–<40% HRR or  $\dot{V}O_2R$ , 2–<3 METS, RPE 9–11, an intensity that causes slight increases in HR and breathing

\*\*Moderate Intensity Exercise

40–<60% HRR or  $\dot{V}O_2R$ , 3–<6 METS, RPE 12–13, an intensity that causes noticeable increases in HR and breathing

\*\*\*Vigorous Intensity Exercise

≥60% HRR or  $\dot{V}O_2R$ , ≥6 METS, RPE ≥14, an intensity that causes substantial increases in HR and breathing

†Cardiovascular (CV) Disease

Cardiac, peripheral vascular, or cerebrovascular disease

‡Metabolic Disease

Type 1 and 2 diabetes mellitus

‡‡‡Signs and Symptoms

At rest or during activity. Includes pain, discomfort in the chest, neck, jaw, arms, or other areas that may result from ischemia; shortness of breath at rest or with mild exertion; dizziness or syncope; orthopnea or paroxysmal nocturnal dyspnea; ankle edema; palpitations or tachycardia; intermittent claudication; known heart murmur; unusual fatigue or shortness of breath with usual activities.

‡‡‡‡‡‡Medical Clearance

Approval from a healthcare professional to engage in exercise

ⓅACSM Guidelines

See ACSM's *Guidelines for Exercise Testing and Prescription*, 10th edition, 2018

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Riebe D, Franklin BA, Thompson PD, Garber CE, Whitfield GP, Magal M, Pescatello LS. Updating ACSM's Recommendations for Exercise Preparticipation Health Screening. *Medicine & Science in Sports & Exercise*. 2015; 47(11):2473–2479.