

Student Development Services  
Physical Education Section

**CityU Sports Teams Recruitment Form**

\* Please circle as appropriate

Please ✓ the appropriate box(es)

Team: \_\_\_\_\_ (M/ F)\* Other Team(s) Enrolled: \_\_\_\_\_ (if any)

\_\_\_\_\_ Name:(English) \_\_\_\_\_

\_\_\_\_\_ ( Chinese ) \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Height: \_\_\_\_\_ cm Weight: \_\_\_\_\_ kg

H.K.I.D. No.: \_\_\_\_\_ Student I.D. No.: \_\_\_\_\_

College & Department: \_\_\_\_\_

Study Mode: \_\_\_\_\_ Full time / Combined \* Year: 1 / 2 / 3 / 4 \*

Telephone: \_\_\_\_\_ (Home) \_\_\_\_\_ (Mobile)

E-mail Address: \_\_\_\_\_ @ \_\_\_\_\_

Home Address: \_\_\_\_\_

**Sports Performance**

Have you participated in USFHK Competitions (大專比賽)?	Yes / No*
If yes, please write down your best or your most current performance (events, years, & results):	

Have you participated in inter-school competitions (中學學界賽甲組)?	Yes / No*
If yes, please write down your best or your most current performance (division, events, years, & results):	

Have you participated in local opens (本地公開賽)?	Yes / No*
If yes, please write down your best or your most current performance (events, years, & results):	

Have you participated in regional or international competitions (地區或國際比賽)?	Yes / No*
If yes, please write down your best or your most current performance (events, years, & results):	

In what way(s) do you access our team recruitment information? (may tick more than one choice)

- Classmates / Friends       CityU Team Coaches       CityU Team Members  
 Team Notice Boards       Registration Days       CityU Information Days  
 Other (please specify) \_\_\_\_\_

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

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**Team Selection Trial Details**

19/07/2010

Date:  
Venue:

Time:  
Coach:

CG 1

# PAR – Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

Check YES or NO

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

## If you answered

### Yes to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a illness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want-as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

### NO to all questions

If you answered No honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active-begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal-this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

### DELAY BECOMING MUCH MORE ACTIVE:

- If you are not feeling well because of temporary illness such as a cold or a fever-wait until you feel better; or
- If you are or may be pregnant – talk to your doctor before you start becoming more active.

Please note if your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**Informed Use of the PAR-Q.** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

You are encouraged to copy the PAR-Q but only if you use the entire form

Note: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

**I have read, understood and completed this questionnaire. Any questions I had were answer to my full satisfaction.**

Name \_\_\_\_\_

CityU ID No. \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of parent \_\_\_\_\_  
of Guardian (for Participants under the age of majority)

Witness \_\_\_\_\_

Canadian Society for Exercise Physiology  
Societe canadienne de physiologie de l'exercice

Supported by :  Health Canada  
Sanie Canada