



**FANSHAWE'S MANDATORY REQUIREMENT FOR
THE POLICE FOUNDATIONS PROGRAM – LONDON (YEAR 1 AND YEAR 2)
THE POLICE FOUNDATIONS (ACCELERATED) PROGRAM – WOODSTOCK (YEAR 1)**

**(SEPTEMBER AND JANUARY INTAKES – LONDON Year 1 and Year 2)
(SEPTEMBER INTAKE – WOODSTOCK YEAR 1)**

You MUST complete the following requirement PRIOR TO THE START OF CLASSES.

Requirement:

- 1. You must complete the **PAR-Q+** form (Physical Activity Readiness Questionnaire) as this is the first pre-screening that is required. If you answered "YES" to any one of the seven questions asked on the **PAR-Q+** form, you will need to complete the **PARmed-X** form (Physical Activity Readiness Medical Examination) as well. The forms can be found on the Canadian Society of Exercise Physiology website (http://csep.ca/CMFiles/publications/parq/PARQplusSept2011version_ALL.pdf). Print and complete the form(s) as they are required for the **FIRST DAY OF CLASS**. Make a photocopy of your completed form(s) and keep in a safe place for future reference.

Any cost associated with this service is to be paid for by the student.

School of Human Services
2016/17 MANREQ PFT1