APPENDIX 1 Cardiac Questionaire

Have you ever passed out, become dizzy or had chest pain during or after exercise?

Has anyone in the family died suddenly and unexpectedly before the age of 50? This includes death occurring from epilepsy, drowning, sudden infant death syndrome or at birth or in teenage years.

Have you ever had a heart abnormality or murmur diagnosed by a doctor?

Have you ever had an abnormal heart rate, palpitations or irregular heartbeats?

Have you had high blood pressure or high cholesterol?

Has a doctor ever denied or restricted your participation in sport for heart problems?

Have any of your relatives ever had any heart irregularity or heart condition? (e.g. cardiomyopathy, Marfan syndrome, long QT syndrome).

Do you have chest tightness, wheezing, or coughing spells during or after exercise?

Do you have asthma?