

# Staff Wellbeing Enrolment Form



QUEEN'S  
UNIVERSITY  
BELFAST

QUEEN'S  
SPORT

## Contact Details

Staff No:

Title:

Name:

Email:

Home Telephone:

Mobile Telephone:

Home Address:

Post Code:

Please select the course you wish to attend:

**Tone & Trim**  
1300 – 1400  
Starts 09.03.21  
4 weeks  
£10.00

## Health Questionnaire

There are many benefits to be gained when people exercise regularly. This questionnaire aims to identify your health status so that we can provide advice and avoid risk of injury and illness. Please read the questions carefully and provide an accurate answer. Where necessary please provide additional information.

Has a Doctor ever diagnosed you with a heart condition?

Yes

No

Have you recently suffered from chest pains during or after exercise?

Do you ever feel faint or have spells of severe dizziness?

Are you currently receiving treatment or medication for high blood pressure?

Have you broken any bones in the past 6 months?

Do you suffer from any bone or joint problems that exercise might aggravate?

Do you suffer from epilepsy?

Do you suffer from chronic asthma?

Are you diabetic? If yes, is the diabetes type 1 or type 2? Please note below

Have you undergone any recent surgery?

Is there any reason which has not been mentioned that may affect you taking part in physical activities?

Additional Information

### Data Protection

The information collected on this form is used by Queen's University Belfast in its provision of sport & recreation. This information will be kept for six years after your course has ended. Financial information relating to your course will also be kept for six years in accordance with regulations.

### Internal Communications

Queen's Sport would like to keep you up to date with future courses and programmes. Full details of how we use your data and our Privacy Policy can be found online at [www.queenssport.com](http://www.queenssport.com) or upon request.

If you wish to receive up to date information please tick this box:

Signature

Date