

Physical Activity Referral Scheme (PARS) Reporting Checklist		
Level 1 PARS classification		
Level 1a: Primary classification	Tick all that apply	
The purpose of this taxonomy is to provide a classification system for PARS, including clinically based exercise schemes, exercise referral schemes and social prescribing for physical activity (PA). It is for use in evidence reviews of delivery and effectiveness. It is also an audit and monitoring tool for funders and providers to capture service delivery. The taxonomy is intended for programmes that fulfil all of the following three criteria :		
1. Have a primary aim of increasing PA		
2. Have a formalised referral process		
3. Are for individuals who are inactive and/or sedentary, and/or have (<i>or are at risk of having</i>) a health condition.		
If you have not ticked all of these boxes, then the PARS taxonomy is not suitable for your programme.		
Additionally programmes may also include the following	Tick any that apply	
1. Individual behaviour change consultations (<i>explicit, planned behaviour change techniques included e.g. goal setting, formalised activity tracking/activity monitoring</i>)		
2. PARS specialist staff supervised PA sessions or one-to-one supervision		
3. Signposting to a range of generic available activities delivered by non-PARS specialist staff (<i>e.g. walking football, yoga, Pilates, Zumba</i>)		
1b Provider	Tick all that apply	Further specify provider
Leisure trust		
Local government		
Other third/community sector organization		
Sport-based (governing bodies or sport clubs)		
Commercial/private provider		
Health (e.g. NHS)		
Other (define)		
1b Setting	Tick all that apply	Specify exact location (e.g. leisure centre name and location,

		including postcode or web link/app name etc.)
Leisure centre		
Green/outdoor space (define)		
Sports club		
Community facility (define)		
Commercial gym		
Other commercial facility (define)		
Other local government facility (define)		
Home-based		
Clinical setting		
Online/eHealth/mHealth		
Other (define)		
1c Conditions accepted (have or at risk of)	Tick all that apply	Specify exact conditions within each subsection
Cardiovascular primary prevention (e.g. hypertension)		
Cardiovascular secondary prevention (e.g. acute coronary syndrome, heart failure, stroke)		
Respiratory disease (e.g. chronic obstructive pulmonary disease, asthma)		
Metabolic disease (e.g. type 2 diabetes)		
Mental health condition/disability (e.g. anxiety, depression, schizophrenia)		
Learning disability (e.g. autism spectrum disorder)		
Musculoskeletal (e.g. back pain, osteoarthritis)		
Cancer (nonspecific)		
Cancer specific (e.g. breast, bowel)		
Weight loss or weight maintenance		
Falls prevention (primary and secondary prevention)		
Neurodegenerative disease (dementia, Alzheimer's Parkinson's)		
Inactive and/or sedentary		

Other (define)		
1d Activity type	Tick all that apply	Further specify activities
Gym-based (cardiovascular and/or strength)		
PARS specialized class led by PARS qualified staff (e.g. U.K level 3 exercise referral qualification)		
Walking		
Jogging/running		
Swimming		
Outdoor cycling, e-bikes		
Sport (e.g. badminton, walking football)		
Seated fitness class		
Generic fitness class (e.g. yoga, aerobics, Zumba)		
Gardening/green gym or other green health activity		
PA education sessions		
Other (define)		
1e Funding	Tick all that apply	Please state exact funding source, level of funding per participant and length of funding agreement
Fully externally funded		
Partially externally funded		
Fully internally funded (e.g. core organization budget)		
Partially internally funded		
Participants pay for PARS		
Other (define)		
Level 2 PARS Characteristics		
2a Staff structure	Tick all that apply	Define
Contracted staff		
Self-employed		

Volunteers		
Other (define)		
2b Staff qualifications	Tick all that apply	Define exact qualifications held
PARS qualification		
Condition specific qualification		
Other (state)		
2c To the best of your knowledge, is the scheme based on one or more behaviour change theories?		Please state if you know what theory your scheme is based on
Yes		
No		
2d To the best of your knowledge, does the scheme use one or more behaviour change techniques?		Please state if you know what techniques your scheme uses
Yes		
No		
2e Referral Source	Tick all that apply	No. of referrals per year
Primary care		
Secondary care		
Tertiary care		
Self-referral		
Other (state)		
2f Referrers	Tick all that apply	Additional comments
General practitioner		
Practice nurse		
Rehabilitation professional (state profession)		
Self-referral		
Social prescriber (e.g. link worker/health trainer)		
2g Referral process	Tick all that apply	Additional comments

Email		
Printed and mailed to participant		
Printed and given to participant to take to PARS		
Via online portal		
Other (define)		
2h Scheme duration	Tick one	State exact duration
Number of weeks client can attend scheme		
Total number of sessions		
No defined length (open-ended)		n/a
Other		
2i Session frequency	State	
Number of sessions per participant, per week		
2j Session length	State	
Define session length		
2k Session time	Tick all that apply	Define time span of available sessions (e.g. 10.00-12.00pm)
Morning		
Afternoon		
Evening		
Weekday		
Weekend		
2l Physical activity session type	Tick all that apply	Further define session type (e.g. PARS supervised circuit session or independent walking football option)
PARS-supervised group-based sessions		
PARS-supervised individual sessions		
Independent PA following assessment		
Generic PARS-supervised sessions for all conditions		
Condition specific PARS-supervised sessions		

Independent PA choices without assessment		
PA education sessions		
Technology-based support (e.g. mHealth app or web-based)		
Other (define)		
2m Exit routes	Tick all that apply	Give details of exit routes activities
Formal exit route (defined sessions for completers)		
Signposting to other activities		
Open-ended (no exit route required)		
None (state why no exit route provided)		
2n Action in case of non-attendance <i>Is there a standardised procedure for non-attendance?</i>	Tick all that apply	Specify time points, number of attempts to contact and by whom
Yes		
Participant contacted by letter		
Participant contacted by technology-based support		
Participant contacted by telephone		
Participant contacted by text		
Participant not contacted		
Other (define)		
No		
2o Baseline assessment	Tick one	State when this occurs (e.g. prior to first PA session or at first PA session)
Yes		
No		
2p Exit assessment	Tick one	State when this occurs (e.g. after 12 weeks, or after 24 sessions)
Yes		
No		

2q Feedback provided to referrer	Tick all that apply	State what is included and how feedback is provided (e.g. attendance and via email).
Yes (state what is included)		
How is feedback provided? (state)		
No		
2r Exclusion criteria	Tick all that apply	State specific exclusion criteria
Yes		
No		
Level 3 Participant Measures		
3a Demographics		
3a.1 Sex	Tick if recorded	Define
State categories		
3a.2 Age at the point of referral	Tick if recorded	Define
Individual age recorded		
Minimum age		
Maximum age		
3a.3 Socio-economic status	Tick if recorded	Define
Postcode/zipcode recorded		
3a.4 Ethnicity	Tick if recorded	Define
State ethnic categories		
3a.5 Employment status	Tick if recorded	Define
State employment categories		
3a.6 Education status	Tick if recorded	Define
State education categories		

3a.7 Other demographic measure	Tick if recorded	Define
State what other measures and how they are defined		
3b Monitoring and evaluation		
3b.1 Number of referrals	Tick if recorded	Additional comments
Number of referrals received per annum		
3b.2 Uptake, attendance and adherence (please identify the definitions used)	Tick if recorded	Define measures
Uptake of intervention (<i>number of referrals who attend baseline assessment</i>)		
Uptake of PA (<i>number of referrals that attend at least one PA session</i>)		
Adherence to intervention (<i>number of referrals that attend exit assessment</i>)		
Adherence to PA (<i>number of referrals that attend an agreed number of sessions e.g. 60% of programme contact time</i>)		
Attendance (<i>number of attendances in a defined period</i>)		
3c Measures of change	Tick if recorded	Define time points (e.g. baseline and week 24).
Change in PA behaviour (define measure)		
Change in wellbeing (define measure)		
Change in physiological measures (e.g. BP, weight, % weight change, BMI)		
Other (define)		