



## CANADIAN CAREER COLLEGE

### APPLICATION FOR CONSIDERATION PRIMARY CARE PARAMEDIC PROGRAM

Thank you for your interest in the CTS Canadian Career College one-year Primary Care Paramedic (PCP) program, unique in the province of Ontario. To ensure the highest patient care standards, we have instituted a rigorous admissions process. This process is designed to attract the very best students to our program. It is our goal to select students who possess the appropriate academic background that will enable them to successfully meet the challenges of our curriculum. We also strive to select only those students who will serve as exemplary representatives of the College as well as the emergency medical services community. We are keenly interested in those students who have the ability and motivation to make a positive contribution to both CTS Canadian Career College and our health care system.



Your application for consideration will be evaluated by the college's review and acceptance committee upon receipt of a complete application, fee and the following documentation:

#### Application Requirements

- Proof of Grade 12 OSSD or GED (Equivalent). Transcripts must accompany this application.
- Applicants must provide either proof of a Grade 11 or higher Biology credit with a grade of at least 60%, or must write our Biology Equivalency Examination (pass of 70%).
- A clear Criminal Records Check including the Vulnerable Sector portion must be supplied to the registrar prior to applying to the program. The document must be dated within 1 year of the date of the start date. Note: Services require a record check that is no more than 90 days old from start of field placement. Students are responsible for providing this additional record check.
- Copy of a Class G or better driver's license must be supplied to the registrar.
- A current driver's abstract report showing less than 6 demerit points. **Note: Pursuant to regulation 257/00, EMS operations cannot hire anyone who has six or more demerit points within a two year time frame**
- Standard First Aid/CPR Level "C" Certificate, Lay Rescuer/Lay Person
- Note: Some services may require certificate that is no more than 90 days old from start of field placement. Students are responsible for providing this additional certificate.*

#### Practicum Requirements

- Students enrolled in this program are required to provide a record of up-to-date immunization and provide a statement of health (Par-Q). See Schedule A ([Page 3 and 4 of Document](#))
- A clear Criminal Records Check including the Vulnerable Sector portion must be supplied to the registrar prior to start date. The document must be dated within 1 year of the date of the suitability interview.
- Note:** Services require a record check that is no more than 90 days old from start of field placement. Students are responsible for providing this additional record check.
- Proof of a valid Standard First Aid and CPR (Level C – Lay Rescuer/Lay Person), PRIOR to placement.
- Note:** Some services may require certificate that is no more than 90 days old from start of field placement. Students are responsible for providing this additional certificate.
- The college provides lift tests on a graduated basis as follows:
  - After the first quarter of Skills classes, students must competently perform a minimum of 165 lb Stair Chair Lift Test. Students are re-tested at the halfway point of Skills classes. In order to continue on in the program they must achieve this required weight using the accepted format of the College. The final lift test near the end of Skills classes is for 210 lbs.

Please mail or fax your information to the campus you wish to attend. The contact information is listed below. Upon approval, your application will be forwarded to the Suitability Interview Committee who will contact you to arrange a Personal Suitability Review. If you do not meet minimum admissions requirements, our admissions department will contact you to discuss your educational alternatives or steps to take to improve your eligibility.

CTS Canadian Career College reserves the right to modify any aspect of the admission process without notice.



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### APPLICATION FOR CONSIDERATION PRIMARY CARE PARAMEDIC PROGRAM

The undersigned applicant hereby makes an application for consideration as a student of CTS Canadian Career College of the Primary Care Paramedic Program this day \_\_\_\_/20\_\_

Program and Campus Information:			
Requested Start Date:		Alternate Start Dates:	
Alternate Program:		2nd Alternate Program:	
Campus Preference: <input type="checkbox"/> North Bay <input type="checkbox"/> Sudbury <input type="checkbox"/> Barrie			
Applicant Information:			
Name:		Date of birth: ____ / ____ / ____ DD    MM    YYYY	
Address:			
City:	Province:	Postal Code:	
Email:		Phone #:	Emergency Phone #:
Payment Information:			
\$50.00 application fee paid by: <input type="checkbox"/> Cheque <input type="checkbox"/> Money Order (Payable to CTS Canadian Career College)			
The undersigned applicant/parent/guardian hereby undertakes and agrees to pay, or see to payment of, the fees mentioned above in accordance with the terms of this application.			
_____ Signature of parent or guardian (if applicant is under the age of 19)		_____ Applicant's Signature	

Upon approval, your application will be forwarded to the Suitability Interview Committee, who will contact you to arrange testing and an interview.

If you do not meet admissions requirements, our admissions department will contact you to discuss your educational alternatives or steps to take to improve your eligibility.

1495 Seymour St., Unit 8, North Bay, Ontario P1A 0C5 – (705) 495-1200 – Fax (705) 670-9439 – Toll Free (866) 495-1200  
66 Elm Street, Sudbury P3C 1R8 (705) 688-1200 – Fax (705) 670-9439 – Toll Free (866) 688-1200  
546 Bryne Dr., Unit A & B, Barrie Ontario L4N 9P6 (705) 725-8776 Fax (705) 393-2392 Toll Free (877) 725-1200  
· Email: [learn@cts.on.ca](mailto:learn@cts.on.ca) · Website: [www.ctsccc.com](http://www.ctsccc.com)

[HOME](#)

# 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. <b>Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

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 fitness 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. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a 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.

**No changes permitted. You are encouraged to photocopy 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 answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_

WITNESS \_\_\_\_\_

or GUARDIAN (for participants under the age of majority)

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**



# PAR-Q & YOU

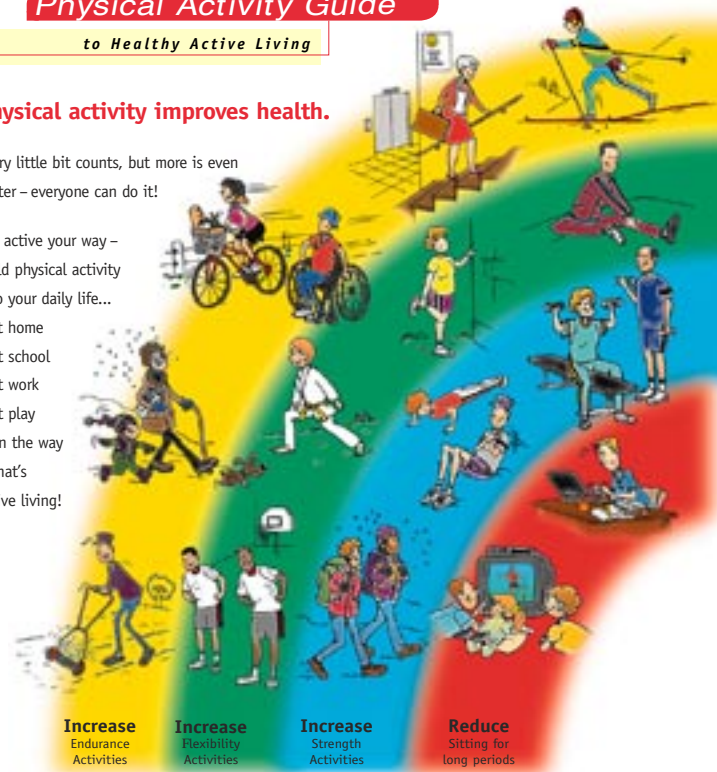
CANADA'S  
**Physical Activity Guide**  
to Healthy Active Living

## Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
  - at school
  - at work
  - at play
  - on the way
- ...that's active living!



- Increase** Endurance Activities
- Increase** Flexibility Activities
- Increase** Strength Activities
- Reduce** Sitting for long periods

Choose a variety of activities from these three groups:

**Endurance**  
4-7 days a week  
Continuous activities for your heart, lungs and circulatory system.

**Flexibility**  
4-7 days a week  
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

**Strength**  
2-4 days a week  
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or [www.paguide.com](http://www.paguide.com)

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

## Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
• Strolling • Dusting	60 minutes • Light walking • Volleyball • Easy gardening • Stretching	30-60 minutes • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	20-30 minutes • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing
Range needed to stay healthy				

## You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

## Benefits of regular activity: Health risks of inactivity:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• better health</li> <li>• improved fitness</li> <li>• better posture and balance</li> <li>• better self-esteem</li> <li>• weight control</li> <li>• stronger muscles and bones</li> <li>• feeling more energetic</li> <li>• relaxation and reduced stress</li> <li>• continued independent living in later life</li> </ul> | <ul style="list-style-type: none"> <li>• premature death</li> <li>• heart disease</li> <li>• obesity</li> <li>• high blood pressure</li> <li>• adult-onset diabetes</li> <li>• osteoporosis</li> <li>• stroke</li> <li>• depression</li> <li>• colon cancer</li> </ul> |
|--|--|

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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### FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

#### References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy. In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Spt. Sci.* 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology  
202-185 Somerset Street West  
Ottawa, ON K2P 0J2  
Tel. 1-877-651-3755 • FAX (613) 234-3565  
Online: [www.csep.ca](http://www.csep.ca)

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 2002)».