

The Physical Activity Referral Scheme (PARS) Taxonomy

Level 3: Participant measures

Demographics	Sex	Age	Socio-economic status	Ethnicity
	Employment status	Education status	Other demographic measure <i>(state what)</i>	
Monitoring and evaluation	Number of referrals	Uptake		Adherence
	Number of referrals received per annum	Uptake of intervention <i>(number of referrals who attend baseline assessment)</i>		Adherence to intervention <i>(number of referrals who attend exit assessment)</i>
	Attendance	Uptake of physical activity <i>(number of referrals who attend at least one physical activity session)</i>		Adherence to physical activity <i>(number of referrals who attend an agreed number of physical activity sessions e.g. 60% of programme contact time)</i>
	Number of attendances at activities in a defined period			
Measures of change	Change in physical activity behaviour <i>(define measure)</i>	Change in well-being <i>(define measure)</i>	Change in physiological measures <i>(e.g. blood pressure, weight, body mass index)</i>	Other <i>(define)</i>