

# The Physical Activity Referral Scheme (PARS) Taxonomy

## A classification system for physical activity referral, exercise referral and social prescribing for physical activity

### Level 1: PARS classification

LEVEL 1a	Primary Classification	PARS with explicit behaviour change support <b>and</b>			PARS with <b>no</b> explicit behaviour change support <b>but</b>			
		Specialist supervised sessions	and or	Signposting to activities	Specialist supervised sessions	and or	Signposting to activities	
LEVEL 1b	Provider	Leisure trust	Local government	Health (e.g. NHS)	Other third sector organisations	Sport-based (governing bodies or sports clubs)	Commercial or private provider	Other
	Setting	Leisure centre	Green space		Clinical setting		Home-based	
		Community facility		Sports club		Health facility		Other commercial facility
		Commercial gym	Online / eHealth / mHealth			Other local government facility		Other
LEVEL 1c	Conditions accepted	CVD primary prevention (e.g. hypertension)	CVD secondary prevention (e.g. acute coronary syndrome, heart failure, stroke)		Cancer (non-specific)	Falls prevention	Metabolic disease (e.g. type 2 diabetes)	
		Learning disability (e.g. autism spectrum disorder)	Musculoskeletal (e.g. back pain, osteoarthritis)		Respiratory disease (e.g. chronic obstructive pulmonary disease, asthma)		Cancer (specific e.g. breast, bowel, etc.)	
		Mental health condition/disability (e.g. anxiety, depression, schizophrenia)		Neurodegenerative disease (e.g. dementia, Alzheimer's, Parkinsons)		Inactive and/or sedentary	Weight loss or weight maintenance	Other
LEVEL 1d	Activity type	Gym-based (cardiovascular and/or strength)	Specialised PARS session (e.g. circuit)		Green health activity (e.g. gardening)		Seated fitness class	
		Sport (e.g. badminton, walking football)	Jogging / running		Swimming		Walking	
		Generic facility based classes (e.g. yoga, zumba)	Outdoor cycling, eBikes		Physical activity education sessions		Other	
LEVEL 1e	Funding	External Funding				Internal Funding		
		Charity	Health	Social care	Other external	Core activity		Participant contribution
		Fully funded		Partially funded			Fully funded	