

PHYSICAL ACTIVITY AND PHYSICAL FITNESS – PAQ

Target Group: SPs 12-15

PAQ.605 Next I am going to ask you about the time {you spend/SP spends} doing different types of physical activity in a typical week. Please answer these questions even if {you do not/SP does not} consider {yourself/himself/herself} to be a physically active person.

Think first about the time {you spend/SP spends} doing work. Think of work as the things that {you have/SP has} to do such as paid or unpaid work, studying or training, household chores, and yard work. In answering the following questions ‘**vigorous**-intensity activities’ are activities that require **hard** physical effort and cause **large increases** in breathing or heart rate, ‘**moderate**-intensity activities’ are activities that require **moderate** physical effort and cause **small increases** in breathing or heart rate.

Does {your/SP's} work involve **vigorous**-intensity activity that causes **large increases** in breathing or heart rate like carrying or lifting heavy loads, digging or construction work for **at least 10 minutes continuously**?

- YES 1
- NO 2 (PAQ.620)
- REFUSED 7 (PAQ.620)
- DON'T KNOW 9 (PAQ.620)

PAQ.610 In a typical week, on how many days {do you/does SP} do **vigorous**-intensity activities as part of {your/his/her} work?

HARD EDIT: Less than 1 day or more than 7 days
 Error Message: The number of days should be between 1 and 7.

|_|_|
 ENTER NUMBER OF DAYS

- REFUSED 77 (PAQ.620)
- DON'T KNOW 99 (PAQ.620)

PAQ.615 How much time {do you/does SP} spend doing **vigorous**-intensity activities at work on a typical day?

Q/U

SOFT EDIT: 12 hours or more.

Error Message: Please verify times of 12 hours or more.

HARD EDIT: Less than 10 minutes or 24 hours or more.

Error Message: The time should be 10 minutes or more, but less than 24 hours.

|_|_|_|

ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED 777

DON'T KNOW 999

ENTER UNIT

MINUTES 1

HOURS 2

REFUSED 7

DON'T KNOW 9

PAQ.620 Does {your/SP's} work involve **moderate**-intensity activity that causes **small increases** in breathing or heart rate such as brisk walking or carrying light loads for **at least 10 minutes continuously**?

YES 1

NO 2 (PAQ.635)

REFUSED 7 (PAQ.635)

DON'T KNOW 9 (PAQ.635)

PAQ.625 In a typical week, on how many days {do you/does SP} do **moderate**-intensity activities as part of {your/his/her} work?

HARD EDIT: Less than 1 day or more than 7 days

Error Message: The number of days should be between 1 and 7.

|_|_|

ENTER NUMBER OF DAYS

REFUSED 77 (PAQ.635)

DON'T KNOW 99 (PAQ.635)

PAQ.630 How much time {do you/does SP} spend doing **moderate**-intensity activities at work on a typical day?

Q/U

SOFT EDIT: 12 hours or more.

Error Message: Please verify times of 12 hours or more.

HARD EDIT: Less than 10 minutes or 24 hours or more.

Error Message: The time should be 10 minutes or more, but less than 24 hours.

|_|_|_|

ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED 777

DON'T KNOW 999

ENTER UNIT

MINUTES 1

HOURS 2

REFUSED 7

DON'T KNOW 9

PAQ.635 The next questions exclude the physical activities at work that you have already mentioned. Now I would like to ask you about the usual way {you travel/SP travels} to and from places. For example to school, for shopping, to work.

{Do you/Does SP} walk or use a bicycle for **at least 10 minutes continuously** to get to and from places?

YES 1

NO 2 (PAQ.650)

REFUSED 7 (PAQ.650)

DON'T KNOW 9 (PAQ.650)

PAQ.640 In a typical week, on how many days {do you/does SP} walk or bicycle for **at least 10 minutes continuously** to get to and from places?

HARD EDIT: Less than 1 day or more than 7 days

Error Message: The number of days should be between 1 and 7.

|_|_|

ENTER NUMBER OF DAYS

REFUSED 77 (PAQ.650)

DON'T KNOW 99 (PAQ.650)

PAQ.645 Q/U How much time {do you/does SP} spend walking or bicycling for travel on a typical day?

SOFT EDIT: 12 hours or more.

Error Message: A likely response is less than 12 hours.

HARD EDIT: Less than 10 minutes or 24 hours or more.

Error Message: The time should be 10 minutes or more, but less than 24 hours.

|_|_|_|

ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED 777

DON'T KNOW 999

ENTER UNIT

MINUTES 1

HOURS 2

REFUSED 7

DON'T KNOW 9

PAQ.650 The next questions exclude the work and transport activities that you have already mentioned. Now I would like to ask you about sports, fitness and recreational activities.

{Do you/Does SP} do any **vigorous**-intensity sports, fitness, or recreational activities that cause **large increases** in breathing or heart rate like running or basketball for **at least 10 minutes continuously**?

YES 1

NO 2 (PAQ.665)

REFUSED 7 (PAQ.665)

DON'T KNOW 9 (PAQ.665)

PAQ.655 In a typical week, on how many days {do you/does SP} do **vigorous**-intensity sports, fitness or recreational activities?

HARD EDIT: Less than 1 day or more than 7 days

Error Message: The number of days should be between 1 and 7.

|_|_|

ENTER NUMBER OF DAYS

REFUSED 77 (PAQ.665)

DON'T KNOW 99 (PAQ.665)

PAQ.660 Q/U How much time {do you/does SP} spend doing **vigorous**-intensity sports, fitness or recreational activities on a typical day?

SOFT EDIT: 12 hours or more.

Error Message: A likely response is less than 12 hours.

HARD EDIT: Less than 10 minutes or 24 hours or more.

Error Message: The time should be 10 minutes or more, but less than 24 hours.

|_|_|_|

ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED 777

DON'T KNOW 999

ENTER UNIT

MINUTES 1

HOURS 2

REFUSED 7

DON'T KNOW 9

PAQ.665 {Do you/Does SP} do any **moderate**-intensity sports, fitness, or recreational activities that cause a **small increase** in breathing or heart rate such as brisk walking, bicycling, swimming, or volleyball for **at least 10 minutes continuously**?

YES 1

NO 2 (PAQ.680Q)

REFUSED 7 (PAQ.680Q)

DON'T KNOW 9 (PAQ.680Q)

PAQ.670 In a typical week, on how many days {do you/does SP} do **moderate**-intensity sports, fitness or recreational activities?

HARD EDIT: Less than 1 day or more than 7 days

Error Message: The number of days should be between 1 and 7.

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ENTER NUMBER OF DAYS

REFUSED 77 (PAQ.680Q)

DON'T KNOW 99 (PAQ.680Q)

PAQ.675 How much time {do you/does SP} spend doing **moderate**-intensity sports, fitness or recreational activities
Q/U on a typical day?

SOFT EDIT: 12 hours or more.

Error Message: A likely response is less than 12 hours.

HARD EDIT: Less than 10 minutes or 24 hours or more.

Error Message: The time should be 10 minutes or more, but less than 24 hours.

|_|_|_|

ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED 777

DON'T KNOW 999

ENTER UNIT

MINUTES 1

HOURS 2

REFUSED 7

DON'T KNOW 9

PAQ.680 The following question is about sitting or reclining at school, at home, at work, getting to and from places, or
Q/U with friends including time spent sitting at a desk, sitting with friends, traveling in car, bus, train, reading,
playing cards, watching television, or using a computer, but do not include time spent sleeping.

How much time {do you/does SP} usually spend sitting or reclining on a typical day?

SOFT EDIT: 18 hours or more.

Error Message: Please verify times of 18 hours or more.

HARD EDIT: 24 hours or more.

Error Message: The time should be less than 24 hours.

|_|_|_|

ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED 777

DON'T KNOW 999

ENTER UNIT

MINUTES 1

HOURS 2

REFUSED 7

DON'T KNOW 9