

PHYSICAL ACTIVITY AND PHYSICAL FITNESS – PAQ

Target Group: SPs 12-15

PAQ.706 I'd like to ask you some questions about {your/SP's} activities.

During the **past 7 days**, on how many days {were you/was SP} physically active for a total of **at least 60 minutes per day**? Add up all the time {you/he/she} spent in any kind of physical activity that increased {your/his/her} heart rate and made {you/him/her} breathe hard some of the time.

- 0 days..... 0
- 1 day..... 1
- 2 days..... 2
- 3 days..... 3
- 4 days..... 4
- 5 days..... 5
- 6 days..... 6
- 7 days..... 7
- REFUSED 77
- DON'T KNOW 99

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.

Think first about the time {you spend/he spends/she spends} doing work. Think of work as the things that {you have/he has/she has} to do such as paid or unpaid work, household chores, and yard work.

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?

PROBE IF NEEDED: Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at **least 10 minutes continuously**.

INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES IN THIS QUESTION.

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
Q/U

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

PROBE IF NEEDED: Think about a typical day when {you do/he does/she does} vigorous-intensity activities during {your/his/her} work.

PROBE IF NEEDED: Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at **least 10 minutes continuously**.

INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES.

SOFT EDIT: >4 HOURS.

ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING VIGOROUS-INTENSITY ACTIVITIES AT WORK ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

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 7777 (PAQ.620)

DON'T KNOW 9999 (PAQ.620)

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ENTER UNIT

MINUTES 1

HOURS 2

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?

PROBE IF NEEDED: Moderate-intensity activity causes small increases in breathing or heart rate and is done for at **least 10 minutes continuously**.

INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES.

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

PROBE IF NEEDED: Think about a typical day when {you do/he does/she does} moderate-intensity activities during {your/his/her} work.

PROBE IF NEEDED: Moderate-intensity activity causes small increases in breathing or heart rate and is done for at **least 10 minutes continuously**.

INTERVIEWER: REMEMBER, WE ARE ONLY ASKING ABOUT WORK AND CHORES.

SOFT EDIT: >4 HOURS.

ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING MODERATE-INTENSITY ACTIVITIES AT WORK ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

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 7777 (PAQ.635)

DON'T KNOW 9999 (PAQ.635)

|_|

ENTER UNIT

MINUTES 1

HOURS 2

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.

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

PROBE IF NEEDED: Think about a typical day when {you walk or bicycle/SP walks or bicycles} for travel.

SOFT EDIT: >4 HOURS.
ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS WALKING OR BICYCLING TO GET TO AND FROM PLACES ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

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 7777 (PAQ.650)
- DON'T KNOW 9999 (PAQ.650)

|_|
ENTER UNIT

- MINUTES 1
- HOURS 2

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.

In a typical week {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?

PROBE IF NEEDED: Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at **least 10 minutes continuously**.

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?

PROBE IF NEEDED: Think about a typical day when {you do/SP does} vigorous-intensity sports, fitness or recreational activities.

SOFT EDIT: >4 HOURS.
ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING VIGOROUS-INTENSITY RECREATIONAL ACTIVITIES ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

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 7777 (PAQ.665)
- DON'T KNOW 9999 (PAQ.665)

|_|
ENTER UNIT

- MINUTES 1
- HOURS 2

PAQ.665 In a typical week {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.680)
- REFUSED 7 (PAQ.680)
- DON'T KNOW 9 (PAQ.680)

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

PROBE IF NEEDED: Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for **at least 10 minutes continuously**.

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.680)
- DON'T KNOW 99 (PAQ.680)

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

PROBE IF NEEDED: Think about a typical day when {you do/SP does} moderate-intensity sports, fitness or recreational activities.

PROBE IF NEEDED: Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for **at least 10 minutes continuously**.

SOFT EDIT: >4 HOURS.
ERROR MESSAGE: INTERVIEWER, YOU HAVE RECORDED THAT THE SP SPENDS MORE THAN 4 HOURS DOING MODERATE-INTENSITY RECREATIONAL ACTIVITIES ON A TYPICAL DAY. PLEASE CONFIRM WITH SP THAT OVER 4 HOURS IS CORRECT.

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 7777 (PAQ.680)
- DON'T KNOW 9999 (PAQ.680)

|_|
ENTER UNIT

- MINUTES 1
- HOURS 2

PAQ.680
Q/U

The following question is about sitting at school, at home, getting to and from places, or with friends including time spent sitting at a desk, traveling in a car or bus, reading, playing cards, watching television, or using a computer. Do not include time spent sleeping.

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

SOFT EDIT: 18 HOURS OR MORE AND LESS THAN 8 HOURS.

ERROR MESSAGE: PLEASE VERIFY TIMES OF 18 HOURS OR MORE OR LESS THAN 8 HOURS.

HARD EDIT: 24 HOURS OR MORE.

ERROR MESSAGE: THE TIME SHOULD BE LESS THAN 24 HOURS.

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 7777 (PAQ.710)

DON'T KNOW 9999 (PAQ.710)

|_|

ENTER UNIT

MINUTES 1

HOURS 2

PAQ.710

Now I will ask you first about TV watching and then about computer use.

Over the past 30 days, on average how many **hours per day** did {you/SP} sit and watch TV or videos?
Would you say . . .

less than 1 hour, 0

1 hour, 1

2 hours, 2

3 hours, 3

4 hours, 4

5 hours or more, or 5

{You don't/SP does not} watch TV or videos. 8

REFUSED 77

DON'T KNOW 99

PAQ.715 Over the past 30 days, on average how many **hours per day** did {you/SP} use a computer or play computer games outside of school? Include Playstation, Nintendo DS, or other portable video games. Would you say .
..

- less than 1 hour,..... 0
- 1 hour, 1
- 2 hours, 2
- 3 hours, 3
- 4 hours, or 4
- 5 hours or more, or 5
- {You do/SP does} not use a computer
outside of work or school 8
- REFUSED 77
- DON'T KNOW 99

HELP SCREEN:

If the SP watches T.V. or video at the same time as working on the computer, count this time as watching T.V. or video.

PAQ.722 For the next questions, think about the sports, lessons, or physical activities {you/SP} may have done during the **past 7 days**? Please do not include things {you/he/she} did during the school day like PE or gym class.

Did {you/SP} do any physical activities during the **past 7 days**?

- YES 1
- NO 2 (PAQ.731)
- REFUSED 7 (PAQ.731)
- DON'T KNOW 9 (PAQ.731)

PAQ.724 What physical activities did {you/SP} do during the **past 7 days**? Don't include activities {you/SP} did during gym or PE.

[PROBE: Did {you/he/she} do any other physical activities?]

CODE ALL THAT APPLY

AEROBICS/WEIGHT TRAINING/GYM/ EXERCISE	1
BASEBALL/SOFTBALL/CATCH/PITCHING..	2
BASKETBALL.....	3
BIKE RIDING/DIRT BIKING/MOUNTAIN BIKING	4
CHEERLEADING	5
DANCE	6
FIELD HOCKEY/STREET HOCKEY/ ROLLER HOCKEY	7
FOOTBALL.....	8
FRISBEE/ULTIMATE FRISBEE	29
GOLF.....	9
GYMNASTICS/TUMBLING	10
HIKING	11
ICE HOCKEY	12
ICE SKATING.....	13
JUMPING ROPE	14
LACROSSE.....	15
MARTIAL ARTS (KARATE/TAE KWON DO/ JUDO, ETC.)	16
PLAYING GAMES (PROBE: WERE YOU PHYSICALLY ACTIVE? IF NO, DON'T COUNT).....	17
BACKYARD/PLAYGROUND GAMES AND ACTIVITIES.....	30
ROLLER BLADING/ROLLER SKATING	18
RUNNING/JOGGING	19
SCOOTER RIDING (PROBE: DOES IT HAVE A MOTOR? IF YES, DON'T COUNT).....	20
SKATEBOARDING.....	21
SOCCER	22
SWIMMING	23
TENNIS	24
TRACK & FIELD.....	25
TRAMPOLINE	31
VOLLEYBALL.....	26
WALKING	27
WRESTLING	28
OTHER (SPECIFY) _____	91
REFUSED	77
DON'T KNOW	99

PAQ.731 During the **past 7 days**, on how many days did {you/SP} play **active** video games such as Wii Sports, Wii Fit, Xbox 360, Xbox Kinect, Playstation 3, or Dance, Dance Revolution?

- 0 days..... 0 (PAQ.677)
- 1 day..... 1
- 2 days..... 2
- 3 days..... 3
- 4 days..... 4
- 5 days..... 5
- 6 days..... 6
- 7 days..... 7
- REFUSED 77
- DON'T KNOW 99

PAQ.733 On average, for how long did {you/SP} play these **active** video games?

Q/U

|_|_|_|_|

ENTER NUMBER (OF MINUTES OR HOURS)

REFUSED 777

DON'T KNOW 999

ENTER UNIT

MINUTES 1

HOURS 2

SOFT EDIT: IF THE HOURS EXCEED 4 SAY UNUSUAL.

SOFT EDIT: IF THE MINUTES ARE LESS THAN 10 CONFIRM THAT IT IS MINUTES NOT HOURS.

PAQ.677 In this question you can include activities done in school. On how many of the **past 7 days** did {you/SP} exercise or participate in physical activity for at least 20 minutes that made {you/him/her} sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar activities?

- 0 days..... 0
- 1 day..... 1
- 2 days..... 2
- 3 days..... 3
- 4 days..... 4
- 5 days..... 5
- 6 days..... 6
- 7 days..... 7
- REFUSED 77
- DON'T KNOW 99

PAQ.678 On how many of the **past 7 days** did {you/SP} do exercises to strengthen or tone {your/his/her} muscles, such as push-ups, sit-ups, or weight lifting?

0 days.....	0
1 day.....	1
2 days.....	2
3 days.....	3
4 days.....	4
5 days.....	5
6 days.....	6
7 days.....	7
REFUSED	77
DON'T KNOW	99

PAQ.740 The next questions ask about activities during the school year. If {you are/SP is} not currently in school, think about {your/his/her} activities when {you were/he was/she was} last in school.

Are students at {your/his/her} school allowed to use school facilities during lunch or during a free or elective period, such as the gymnasium, tennis courts, weight room, or track, during school time?

YES	1
NO	2 (PAQ.744)
REFUSED	7 (PAQ.744)
DON'T KNOW	9 (PAQ.744)

PAQ.742 {Do you/Does SP} use school facilities for physical activity during school time?

YES	1
NO	2
REFUSED	7
DON'T KNOW	9

PAQ.744 {Do you/does SP} have PE or gym during school days?

YES	1
NO	2 (PAQ.755)
REFUSED	7 (PAQ.755)
DON'T KNOW	9 (PAQ.755)

PAQ.746 How **often** {do you/does SP} have PE or gym?

1 day a week	1
2 days a week.....	2
3 days a week.....	3
4 days a week, or	4
Every day.....	5
REFUSED	7
DON'T KNOW	9

PAQ.748 On average, how **long** is the PE or gym class?

- LESS THAN 30 MINUTES..... 1
- 30-45 MINUTES 2
- MORE THAN 45 MINUTES 3
- REFUSED 7
- DON'T KNOW 9

PAQ.755 The following are activities that may be done before, during, or after school **other than** during PE or gym class. If {you are/SP is} not currently in school, think about {your/his/her} activities when {you were/he was/she was} **last in school.** {Do you/Does SP} participate in school sports or physical activity clubs?

- YES 1
- NO 2 (PAQ.679)
- REFUSED 7 (PAQ.679)
- DON'T KNOW 9 (PAQ.679)

PAQ.759 In what school **sports** or **physical activity** clubs {do you/does SP} participate?

CODE ALL THAT APPLY

HAND CARD PAQ1

- BASEBALL/SOFTBALL 1
- BASKETBALL..... 2
- BOCCE BALL 3
- CHEERLEADING 4
- DANCE 17
- FOOTBALL..... 5
- FRISBEE/ULTIMATE FRISBEE 18
- GOLF 6
- GYMNASTICS 7
- HOCKEY 8
- LACROSSE 9
- RUNNING 19
- SOCCER 10
- SWIMMING/DIVING 11
- TENNIS 12
- TRACK AND FIELD..... 13
- TRAMPOLINE 20
- VOLLEYBALL..... 14
- WRESTLING 15
- OTHER (SPECIFY) _____ 16
- REFUSED 77
- DON'T KNOW 99

BOX 1

CHECK ITEM PAQ.775:
 IF MIA.065 = PROXY, SKIP TO PAQ.770.
 OTHERWISE, CONTINUE.

PAQ.679 About how many minutes {do you/does SP} think you should exercise or be physically active each day for good health?

INTERVIEWER: THIS INCLUDES ALL ACTIVITIES LIKE BICYCLING, DANCING, AND PLAYING BASKETBALL THAT {SP DOES} AT SCHOOL, AT HOME, AND ANYWHERE ELSE {SP GETS} EXERCISE.

- LESS THAN 10 MINUTES,..... 1
- 10-15 MINUTES, 2
- 16-30 MINUTES, 3
- 31-45 MINUTES, 4
- 46-60 MINUTES, OR..... 5
- MORE THAN 60 MINUTES 6
- REFUSED 7
- DON'T KNOW 9

PAQ.750 I am going to read a statement and I want you to let me know if you strongly agree, agree, neither agree nor disagree, disagree or strongly disagree with the statement. I enjoy participating in PE or gym class.

HAND CARD PAQ2

- STRONGLY AGREE 1
- AGREE 2
- NEITHER AGREE NOR DISAGREE..... 3
- DISAGREE 4
- STRONGLY DISAGREE 5
- REFUSED 7
- DON'T KNOW 9

PAQ.770 In the past year, did {you/SP} receive a Physical Fitness Test award, such as a President's Challenge or Fitnessgram award?

- YES 1
- NO 2 (END OF SECTION)
- REFUSED 7 (END OF SECTION)
- DON'T KNOW 9 (END OF SECTION)

PAQ.772 What Physical Fitness Test award did {you/SP} receive?

PROBE IF NEEDED: Examples of physical fitness test awards are the FITNESSGRAM and the PRESIDENT'S CHALLENGE.

CODE ALL THAT APPLY.

- Fitnessgram..... 1
- President's Challenge..... 2
- OTHER (SPECIFY) _____ 3
- REFUSED 7
- DON'T KNOW 9