

PHYSICAL ACTIVITY AND PHYSICAL FITNESS – PAQ
Target Group: SPs 2+

BOX 1

CHECK ITEM PAQ.700:
 IF SP AGE 2-11, GO TO PAQ706.
 IF SP AGE <2 OR SP 12-15, GO TO NEXT SECTION.
 IF SP AGE 16+, CONTINUE.

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: 1-7.

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: ≥ 24 HOURS.

HARD EDIT: <10 MINUTES.

ERROR MESSAGE: THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777 (PAQ.620)
DON'T KNOW 999 (PAQ.620)

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: 1-7.

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: \geq 24 HOURS.

HARD EDIT: <10 MINUTES.

ERROR MESSAGE: THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.

|_|_|_|
ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777 (PAQ.635)
DON'T KNOW 999 (PAQ.635)

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 work, for shopping, to school.

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: 1-7.

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?

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: ≥24 HOURS.

HARD EDIT: <10 MINUTES.

ERROR MESSAGE: THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.

|_|_|_|
ENTER NUMBER OF MINUTES OR HOURS

- REFUSED 777 (PAQ.650)
- DON'T KNOW 999 (PAQ.650)

ENTER UNIT

- MINUTES 1
- HOURS 2
- REFUSED 7
- DON'T KNOW 9

PAQ.650 The next questions exclude the work and transportation 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: 1-7.

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: ≥24 HOURS.

HARD EDIT: <10 MINUTES.

ERROR MESSAGE: THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777 (PAQ.665)
DON'T KNOW 999 (PAQ.665)

ENTER UNIT

MINUTES 1
HOURS 2
REFUSED 7
DON'T KNOW 9

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 golf 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: 1-7.

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: \geq 24 HOURS.

HARD EDIT: <10 MINUTES.

ERROR MESSAGE: THE TIME SHOULD BE 10 MINUTES OR MORE, BUT LESS THAN 24 HOURS.

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777 (PAQ.680)

DON'T KNOW 999 (PAQ.680)

ENTER UNIT

MINUTES 1

HOURS 2

REFUSED 7

DON'T KNOW 9

PAQ.680
Q/U

The following question is about sitting at work, 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?

|_|_|_|

ENTER NUMBER OF MINUTES OR HOURS

REFUSED 777 (BOX 2)

DON'T KNOW 999 (BOX 2)

ENTER UNIT

MINUTES 1

HOURS 2

REFUSED 7

DON'T KNOW 9

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.

BOX 2

CHECK ITEM PAQ.720:

IF SP AGE 16+, GO TO PAQ.710.

PAQ.706

Now 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.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 do/SP does} not watch TV or videos.....	8
REFUSED	77
DON'T KNOW	99

CAPI INSTRUCTION:

SOFT EDIT: IF SP AGE => 16 AND THE TIME PAQ.710 > THE TIME IN PAQ.680.

ERROR MESSAGE: PLEASE VERIFY PAQ.710 TIME (TV WATCHING) SHOULD NOT BE MORE THAN PAQ.680 (TIME SITTING).

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 work or 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,	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.

BOX 2b

CHECK ITEM PAQ.718:

IF 3-11, CONTINUE.

ELSE, GO TO END OF SECTION.

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 (BOX 3)
- REFUSED 7 (BOX 3)
- DON'T KNOW 9 (BOX 3)

CAPI INSTRUCTION: IF SP AGE IS 3-4 YEARS OLD, DO NOT DISPLAY {Please do not include things {you/he/she} did during the school day like PE or gym class.}

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

BOX 3

CHECK ITEM PAQ.726:

IF SP AGE 3-4, GO TO END OF SECTION.

IF SP AGE 5-11, CONTINUE.

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.755)
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 7777 (PAQ.755)
DON'T KNOW 9999 (PAQ.755)

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.755 The following are activities that may be done before, during, or after school **other than** during {PE or gym class/recess}. 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?

CAP I INSTRUCTION: IF SP AGE 5-11, DISPLAY {recess}

YES 1
NO 2 (PAQ.762)
REFUSED 7 (PAQ.762)
DON'T KNOW 9 (PAQ.762)

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

PAQ.762 {Do you/Does SP} have recess during school days?

YES.....	1
NO.....	2 (PAQ.750)
REFUSED.....	7 (PAQ.750)
DON'T KNOW.....	9 (PAQ.750)

PAQ.764 How often {do you/does SP} have recess?

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.766 On average, how long is the recess period?

- LESS THAN 10 MINUTES..... 1
- 10-15 MINUTES 2
- 16-30 MINUTES 3
- MORE THAN 30 MINUTES 4
- 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.}

CAPI INSTRUCTION: IF SP AGE 5-11, DISPLAY { {SP} enjoys participating in recess}

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