

**PHYSICAL ACTIVITY**

**TOPICS**

- Active travel
- Duration of Sedentary Behaviour
- Duration of PA
- Frequency of Sedentary Behaviour
- Frequency of PA
- Intensity of PA
- Sedentary Behaviours
- Type of PA

Primary Topic	Secondary Topic
Type of PA	
Frequency of PA	
Duration of PA	
Frequency of PA	
Duration of PA	
Sedentary Behaviours	Frequency of Sedentary Behaviour
Duration of Sedentary Behaviour	Sedentary Behaviours
Duration of Sedentary Behaviour	Sedentary Behaviours
Type of PA	Frequency of PA
Frequency of PA	
Frequency of PA	Intensity of PA
Frequency of PA	Intensity of PA
Frequency of PA	Intensity of PA
Frequency of PA	Intensity of PA
Frequency of PA	Intensity of PA
Frequency of PA	Intensity of PA
Frequency of PA	
Frequency of PA	
Frequency of PA	Duration of PA
Frequency of PA	Duration of PA
Duration of Sedentary Behaviour	Frequency of Sedentary Behaviour
Duration of Sedentary Behaviour	Frequency of Sedentary Behaviour
Frequency of PA	
Type of PA	
Intensity of PA	
Frequency of PA	Type of PA
Frequency of Sedentary Behaviour	Sedentary Behaviours
Frequency of PA	Active travel
Active travel	
Frequency of PA	Type of PA

Frequency of PA	Type of PA
Active travel	
Sedentary Behaviours	Duration of Sedentary Behaviour
Sedentary Behaviours	Frequency of Sedentary Behaviour
Sedentary Behaviours	Duration of Sedentary Behaviour
Sedentary Behaviours	Duration of Sedentary Behaviour
Sedentary Behaviours	Duration of Sedentary Behaviour

### Question

During a typical week what activities do you usually do?

How many times did you take part in moderate or vigorous physical activity on Monday -Friday?

Total hours/minutes Monday - Friday

How many times did you take part in moderate or vigorous physical activity Saturday & Sunday?

How many hours / minutes Saturday & Sunday?

During a typical WEEK what other leisure activities do you usually do?

Total hours/minutes Monday - Friday

Total hours/minutes Saturday and Sunday

Physical Activity in your spare time: Have you done any of the following activities in the past 7 days

If yes, how many times? (*Linked with question - Have you done any of the following activities in the*

In the last 7 days, during your physical education (PE) classes, how often were you very active (play

In the last 7 days, what did you do most of the time at break? (Check one only)

In the last 7 days, what did you normally do at lunch (besides eating lunch)? (Check one only)

In the last 7 days, on how many days right after school, did you do sports, dance or play games in w

In the last 7 days, on how many evenings did you do sports, dance or play games in which you were

On the last weekend, how many times did you do sports, dance or play games in which you were ve

Which of the following describes you best for the last 7 days? Read all five statements before decid

Mark how often you did physical activity (like playing sports, games, doing dance, or any other phys

Were you sick last week, or did anything prevent you from doing your normal physical activities? (C

During the past 7 days, on how many days were you physically active for a total of at least 60 minut

Over a typical or usual week, on how many days are you physically active for a total of at least 60 m

On an average school day, how many hours do you watch TV?

On an average school day, how many hours to you play video or computer games or use a compute

In an average week when you are in school, on how many days do you go to physical education (PE)

During the past 12 months, on how many sports teams did you play? (Count any teams run by your

When I play sports or games I sweat?

During leisure time I play sports or games?

During leisure time I watch television or read?

How often do you walk and / or bicycle to and from school?

How did you travel to school yesterday morning?

What did you do at morning break yesterday?

What did you do at lunchtime yesterday?

How did you travel home after school yesterday?

How many hours do you spend using the computer at home for playing games on a normal school c

How often do you use the computer at home for connecting to the Internet, including for playing g

How many hours do you spend chatting or interacting with friends through a social web-site on a n

How many hours do you spend playing games on a games console on a normal school day?

How many hours do you spend watching TV, including video and DVDs, on a normal school day?

How many days in a usual week do you play sports, do aerobics or do some other keep fit activity?

What is the main way you usually travel to school?

What type of exercise do you do, including things like cycling or walking to school, or what do you p

About how many hours a day do you usually spend watching television programmes or films (includ

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About how many hours a day do you usually play games on a computer or games console (PlayStati

About how many hours a day do you usually play games on a computer or games console (PlayStati

About how many hours a day do you usually use a computer for chatting on-line, internet, emailing

About how many hours a day do you usually use a computer for chatting on-line, internet, emailing

About how many hours a day do you usually use a smartphone for messaging, chatting, social netw

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About how many hours a day do you usually spend sitting down reading books, magazines or newsp

About how many hours a day do you usually spend sitting down reading books, magazines or newsp

Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes

Outside school hours: How often do you usually exercise in your free time so much that you get out

Outside school hours: How many hours a week do you usually exercise in your free time so much th

Response Format	No. Responses
Multiple Answer	20
Open	Open
Open	Open
Open	Open
Open	Open
Multiple Answer	13
Open	Open
Open	Open
Multiple Answer	17
Single Answer	5
Single Answer	5
Single Answer	5
Single Answer	5
Single Answer	5
Single Answer	6
Single Answer	5
Single Answer	5
Single Answer	5
Dichotomous	3
Single Answer	8
Single Answer	8
Single Answer	7
Single Answer	7
Single Answer	6
Single Answer	4
Single Answer	5
Single Answer	5
Single Answer	5
Single Answer	5
Single Answer	4
Single Answer	4

Single Answer	4
Single Answer	4
Single Answer	5
Single Answer	5
Single Answer	5
Single Answer	5
Single Answer	5
Single Answer	6
Single Answer	6
Multiple Answer	16
Single Answer	9
Single Answer	9
Single Answer	9
Single Answer	9
Single Answer	9
Single Answer	9
Single Answer	9
Single Answer	9
Single Answer	9
Single Answer	9
Single Answer	9
Single Answer	9
Single Answer	8
Single Answer	7
Single Answer	6

Responses	Age Group
Aerobics, Dance, Gymnastics, Tennis, Football, Basketball, Cricket, ↑	10 years +
(write in number next to activities listed)	10 years +
(write in minutes next to activities listed)	10 years +
(write in number next to activities listed)	10 years +
(write in minutes next to activities listed)	10 years +
TV, PlayStation or computer games, computer or internet, homework	10 years +
(write in minutes next to activities listed)	10 years +
(write in minutes next to activities listed)	10 years +
Skipping, Rowing, Skating, Tag, Walking for exercise, Cycling, Jogging	8 years +
No, 1-2, 3-4, 5-6, 7 times or more	8 years +
I don't do PE, Hardly ever, Sometimes, Quite often, Always	8 years +
Sat down (talking, reading, doing schoolwork), Stood around or walked	8 years +
Sat down (talking, reading, doing schoolwork), Stood around or walked	8 years +
None, 1 time last week, 2 or 3 times last week, 4 times last week, 5	8 years +
None, 1 time last week, 2 or 3 times last week, 4 times last week, 5	8 years +
None, 1 time, 2 or 3 times, 4 - 5 times, 6 or more times	8 years +
All or most of my free time was spent doing things that involved little	8 years +
None, A Little bit, Medium, Often, Very Often	8 years +
Yes, No, If Yes what prevented you?	8 years +
0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days	12 years +
0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days	14 years +
I do not watch TV on an average school day, Less than 1 hour per day	12 years +
I do not play video games or use a computer for something that is related	12 years +
0 days, 1 day, 2 days, 3 days, 4 days, 5 days,	12 years +
0 teams, 1 team, 2 teams, 3 or more teams	12 years +
Very often, Often, Sometimes, Seldom, Never	7 years +
Very often, Often, Sometimes, Seldom, Never	7 years +
Never, Seldom, Sometimes, Often, Very Often	7 years +
Very often, Often, Sometimes, Seldom, Never	7 years +
Walk, Cycle, By Bus, By Car	7 years +
Sit around, Stand around, Walk around, Run around	7 years +

Sit around, Stand around, Walk around, Run around	7 years +
Walk, Cycle, By Bus, By Car	7 years +
None, Less than an hour, 1-3 hours, 4-6 hours, 7 or more hours	10 years +
Every day, At least once a week, At least once a month, Less often t	10 years +
None, Less than an hour, 1-3 hours, 4-6 hours, 7 or more hours	10 years +
None, Less than an hour, 1-3 hours, 4-6 hours, 7 or more hours	10 years +
None, Less than an hour, 1-3 hours, 4-6 hours, 7 or more hours	10 years +
Every day, 5-6 days, 3-4 days, 1-2 days, Less often than once a weel	10 years +
Walk all the way, Ride a bike, By bus or tube, By car, By train, Some	10 years +
Walking including walking the dog, Swimming or diving, Cycling, Jog	10 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
None at all, About half an hour a day, About 1 hour a day, About 2	15 years +
0, 1, 2, 3, 4, 5, 6, 7	15 years +
Every day, 4-6 times a week, 2-3 times a week, Once a week, Once ;	15 years +
None, About half an hour, About an hour, About 2 to 3 hours, Abou	15 years +



Source	Source
CLASS	
CLASS	
CLASS	
CLASS	
CLASS	
CLASS	
CLASS	
CLASS	
PAQ-C	PAQ-A
PAQ-C	PAQ-A
PAQ-C	PAQ-A
PAQ-C	
PAQ-C	PAQ-A
PAQ-C	PAQ-A
PAQ-C	PAQ-A
PAQ-C	PAQ-A
PAQ-C	PAQ-A
PAQ-C	PAQ-A
PAQ-C	PAQ-A
PAQ-C	PAQ-A
YRBSS	Teen Health Survey
Teen Health Survey	
YRBSS	
YRBSS	
YRBSS	
YRBSS	
FELS	
FELS	
FELS	
FELS	
DILQ	
DILQ	

DILQ

DILQ

Understanding Society Youth Self-completion questionnaire Wave 1

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Understanding Society Youth Self-completion questionnaire Wave 1

Understanding Society Youth Self-completion questionnaire Wave 1

Understanding Society Youth Self-completion questionnaire Wave 1

Understanding Society Youth Self-completion questionnaire Wave 2

What about YOUth?

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