

HSE111: Physical Activity and Exercise for Health

AT1 & 2 Developing a Physical Activity Report

Questionnaire

Note: do not record your clients name

General Information

Remember this information is strictly confidential and no data will be linked to your name.

1) Age (yrs) _____

Sex: Male / Female

Postcode: _____

2) What is your marital status? (Please tick one response only)

<input type="checkbox"/>	a. Married/Defacto
<input type="checkbox"/>	b. Separated / Divorced
<input type="checkbox"/>	c. Widowed
<input type="checkbox"/>	d. Never married

3) Who do you live with? _____

4) Do you have any children living at home? No / Yes (Please record number) _____

5) Are you currently pregnant? (Please tick one response only)

<input type="checkbox"/>	a. Yes
<input type="checkbox"/>	b. No
<input type="checkbox"/>	c. Not applicable

6) What is your **highest** level of education completed? (Please tick one response only)

<input type="checkbox"/>	a. Never attended school
<input type="checkbox"/>	b. Year 10 or equivalent
<input type="checkbox"/>	c. Year 12 or equivalent
<input type="checkbox"/>	d. Technical or trade school certificate/apprenticeship
<input type="checkbox"/>	e. University or tertiary qualification

7) Which **ONE** of the following best describes your current main daily activities and/or responsibilities? (Please tick one response only)

<input type="checkbox"/>	a. Working full-time
<input type="checkbox"/>	b. Working part-time /casual
<input type="checkbox"/>	c. Unemployed/ or laid off
<input type="checkbox"/>	d. Keeping house and/or raising children full-time
<input type="checkbox"/>	e. Student
<input type="checkbox"/>	f. Retired

8) In which country were you born? (Please tick one response only)

<input type="checkbox"/>	a. Australia
<input type="checkbox"/>	b. Other (please state: _____)

9. Active Australia Survey

The following questions are about the physical activity you did IN THE LAST WEEK:

1A. IN THE LAST WEEK how many times have you walked continuously, for at least 10 minutes, for recreation/exercise or to get to or from places? _____times

1B. What do you estimate was the total time that you spent walking in this way IN THE LAST WEEK?
_____hrs
_____mins

2A. IN THE LAST WEEK how many times did you do any vigorous gardening or heavy work around the yard which made you breathe harder or puff and pant? _____times

2B. What do you estimate was the total time that you spent doing vigorous gardening or heavy work around the yard IN THE LAST WEEK?
_____hrs
_____mins

The next question excludes household chores or gardening or yard work:

3A. IN THE LAST WEEK, how many times did you do any vigorous physical activity which made you breathe harder or puff and pant? (e.g. jogging, cycling, aerobics, competitive tennis, etc.) _____times

3B. What do you estimate was the total time that you spent doing this vigorous physical activity in THE LAST WEEK?
_____hrs
_____mins

The next question excludes household chores or gardening or yard work:

4A. IN THE LAST WEEK how many times did you do any other more moderate physical activity (e.g. gentle swimming, social tennis, golf etc.) _____times

4B. What do you estimate was the total time that you spent doing these activities IN THE LAST WEEK?
_____hrs
_____mins

10) How often does each of the following things interfere with or prevent you from exercising or being physically active? (Please tick one circle on each line).

	Never 1	Rarely 2	Sometimes ₃	Fairly often ₄	Very often 5	
a Others discourage me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
b No one to exercise with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
c Self-conscious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
d Feel too overweight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
e No safe place	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
f No facilities/equipment in my local neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
g No facilities/equipment at my workplace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
h Lack of skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
i Lack of knowledge on how to exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
j No childcare	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/> NA
k Not in good health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
l No energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
m Get enough exercise at my job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
n No motivation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
o No self-discipline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
p Not organised enough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
q Do not like exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
r Can't afford it/too expensive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
s Do not have time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

11) To what extent do you agree or disagree with each of the following statements about walking in your local neighbourhood? *(Please tick one circle on each line)*

		Strongly disagree ₁	Disagree ₂	Neither agree nor disagree ₃	Agree ₄	Strongly agree ₅	Not applicable ₆
a	I have access to places to walk for exercise or recreation in my local neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	I have access to places to do vigorous physical activities in my neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	Shops are in walking distance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	It is safe out walking day or night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e	I often see neighbours out on walks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f	The neighbourhood is friendly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g	I have someone to walk with around the neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h	My spouse/partner likes walking in the neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i	My neighbourhood is attractive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j	There are pleasant walks to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k	The neighbourhood is safe for walking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l	The neighbourhood is well maintained	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m	There are busy roads to cross when out on walks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n	Dogs frighten people who walk around the neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o	There is a lot of traffic in the neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p	There are footpaths on most of the streets in your neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q	The footpaths are in good condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
r	The streets are well lit at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
s	There are interesting walks to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
t	A park is within walking distance from my home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
u	Other? Please specify:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you!

Active Australia Data Processing Form (for student's use only)

Time spent walking last week (1B)	U.	mins
Time spent in moderate physical activity last week (4B)	V.	mins
Time spent in vigorous physical activity last week (3B)	W.	mins
Total time in HEPA* last week (1B + 4B + 3B)	X.	mins
Meet guidelines (≥ 150 mins) YES/NO	Y.	

*Health Enhancing Physical Activity (at least moderate intensity, at least 10 mins)