

Physical Activity Questionnaire (Modified PAQ-C)

Date: ___ / ___ / 20___

Name: _____

Age: _____

Sex: M F

Class: _____

We are trying to find out about your level of physical activity in a **normal week**. This includes sports or dance that make you sweat or make your legs feel tired, or games that make you breathe hard, like tag, skipping, running, climbing, and other activities.

Remember:

1. There are no right and wrong answers — this is not a test.
2. Please answer all the questions as honestly and accurately as you can — this is very important.

1. Physical activity in your spare time: Do you do any of the following activities in a **normal week**? If yes, how many times? (Mark only one circle per row.)

	No	1-2	3-4	5-6	7 times or more
Skipping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rowing/canoeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In-line skating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking for exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cycling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jogging or running	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Aerobics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baseball, softball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Football	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Badminton	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Skateboarding	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gymnastics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Street hockey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Volleyball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Floor hockey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Basketball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice skating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cross-country skiing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice hockey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other:					
.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. How often are you active during your physical education classes (playing hard, running, jumping, throwing)? (Tick one only.)

- I never do Physical Education
- Hardly ever
- Sometimes
- Quite often
- Always

3. What do you usually do at break time between classes? (Tick one only.)

- Sit down (talk, read, do schoolwork).....
- Stand around or walk around
- Run or play a little bit
- Run around and play quite a bit
- Run and play a lot most of the time

4. What do you normally do at lunch (besides eating lunch)? (Tick one only.)

- Sit down (talk, read, do schoolwork).....
- Stand around or walk around
- Run or play a little bit
- Run around and play quite a bit
- Run and play a lot most of the time

5. On how many days, right after school, do you do sports, dance, or play games in which you are very active in a normal week? (Tick one only.)

- None
- Once a week
- 2 or 3 times per week
- 4 times per week
- 5 times per week

6. On how many evenings do you do sports, dance, or play games in which you are very active? (Tick one only.)

- None
- Once a week
- 2 or 3 times per week
- 4 or 5 times per week
- 6 or 7 times per week

7. During a normal weekend, how many times do you do sports, dance, or play games in which you are very active? (Tick one only.)

- None
- 1 time
- 2 — 3 times
- 4 — 5 times
- 6 or more times

8. Which *one* of the following describes you best? Read all five statements before deciding on the *one* answer that describes you.

- A. All or most of my free time is spent doing things that involve little physical effort
- B. I sometimes (1 — 2 times per week) do physical things in my free time (e.g. play sports, go running, swimming, bike riding, do aerobics)
- C. I quite often (3 — 4 times per week) do physical things in my free time
- D. I often (5 — 6 times per week) do physical things in my free time
- E. I very often (7 or more times per week) do physical things in my free time

9. What do you usually do during your Physical Education classes? (Tick one only.)

- I am always active
- I am quite often active
- I am active sometimes
- I am hardly ever active
- I do not do Physical Education

10. Do you do any physical activities between your classes at school? (Tick one only.)

- I run and play a lot most of the time
- I run around and play quite a bit
- I run or play a little bit
- I stand around or walk around
- I sit down (talk, read, do schoolwork)

Reference:

Modified PAQ-C

Kolimechkov, S., Petrov, L. & Alexandrova, A. (2017). Physical activity assessment using a modified PAQ-C questionnaire. In T. Iancheva (Ed.), Proceeding Book of the International Scientific Congress 'Applied Sports Sciences' (pp. 346-350). Sofia, Bulgaria: NSA Press

Original PAQ-C:

Kowalski, K., Crocker, P., & Donen, R. The Physical Activity Questionnaire for Older Children (PAQ-C) and Adolescents (PAQ-A) Manual. College of Kinesiology, University of Saskatchewan.

Please do not write anything in this section

Height: _____

Weight: _____

Waist circumference: _____

PE lessons per week: _____