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Pathways

2002

Pathways Physical Activity Questionnaire

Prevention Research Center, Albuquerque, New Mexico

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1.BicyclingImage: A littleA littleA littleA littleA littleA little2.Exercise: push-ups, sit-ups, jumping jacksImage: A littleA littleA lot3.Climbing on playground equipmentImage: A littleA littleA lot4.BasketballImage: A littleA lotA littleA lot5.Baseball / softballImage: A littleA littleA lot6.FootballImage: A littleA littleA lot7.SoccerImage: A littleA littleA lot8.VolleyballImage: A littleA littleA lot9.Racket Sports: badminton, tennisImage: A littleA littleA little10.Ball Playing: four square, dodge ball, kickball, frisbeeImage: A littleA littleA little11.Games: chase, tag, hopscotchImage: A littleA littleA littleA little		-				
2. Exercise: push-tups, sincups, jumping jacks None A little A lot 3. Climbing on playground equipment Image: chase ison playground equipment Image:	1.	Bicycling		1 None		
4. Basketball 1 1 2 3 1 5. Baseball / softball Image: A little A little A lot 6. Football Image: A little A lot 7. Soccer Image: A little A lot 8. Volleyball Image: A little A lot 9. Racket Sports: badminton, tennis Image: A little A lot 10. Ball Playing: four square, dodge ball, kickball, frisbee Image: A little A lot 11. Games: chase, tag, hopscotch Image: A little A lot	2.		R.	1 None	_	
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None A little A lot 6. Football 1 2 3 7. Soccer 1 2 A lot 8. Volleyball 1 2 A lot 9. Racket Sports: badminton, tennis 1 2 A lot 10. Ball Playing: four square, dodge ball, kickball, frisbee 1 2 3 11. Games: chase, tag, hopscotch 1 2 3	4.	Basketball	Ň	•		
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 None A little A lot None State of the second s	8.	Volleyball	Ż	•		
10. Bail Playing. four square, douge bail, kickball, frisbee None A little A lot 11. Games: chase, tag, hopscotch Image: chase, tag, hopscotch<	9.	Racket Sports: badminton, tennis	Ŷ	1 None		
	10.		1	•		-
	11.	Games: chase, tag, hopscotch	\$ \$	1 None		-

Section A. Today Before Classes Started at School

12. Outdoor Play: climbing trees, hide & seek	A A A A A A A A A A A A A A A A A A A	1 None	2 A little	A lot
13. Water Play: (swimming pool or lake)		1 None	2 A little	A lot
14. Jump Rope		1 None	2 A little	A lot
15. Dance	Å	1 None	2 A little	A lot
16. Outdoor Chores: mowing, raking, gardening, herding		1 None	2 A little	A lot
17. Indoor Chores: mopping, vacuuming, sweeping	X.	1 None	2 A little	A lot
18. Mixed: walking / running	X / 1	1 None	2 A little	A lot
19. Walking	X	1 None	2 A little	A lot
20. Running	Ř	1 None	2 A little	A lot
21. Skateboarding / Skating	Ă	1 None	2 A little	A lot
22. Hiking		1 None	2 A little	A lot
23. Horseback Riding		1 None	2 A little	A lot

24. Watch TV / Videos		1 None	2 A little	A lot
25. Play Video Games		1 None	2 A little	A lot
26. Homework/Reading		1 None	2 A little	A lot
27. Play Board Games		1 None	2 A little	A lot
28. Arts and Crafts	of 1	1 None	2 A little	A lot
29. Riding the School Bus		1 None	2 A little	A lot
30. Other	?	1 None	2 A little	A lot



1.	Bicycling		1 None	2 A little	A lot
2.	Swimming (laps)		1 None	2 A little	A lot
3.	Gymnastics: bars, beam, tumbling, trampoline		1 None	2 A little	A lot
4.	Exercise: push-ups, sit-ups, jumping jacks	E.	1 None	2 A little	A lot
5.	Basketball	Å.	1 None	2 A little	³ A lot
6.	Baseball / softball	4	1 None	2 A little	A lot
7.	Football	The second se	1 None	2 A little	3 A lot
8.	Soccer		1 None	2 A little	A lot
9.	Volleyball	大	1 None	2 A little	A lot
10.	Racket Sports: badminton, tennis	Ŷ	1 None	2 A little	A lot
11.	Ball Playing: four square,dodge ball, kickball, frisbee	*	1 None	2 A little	A lot
12.	Games: chase, tag, hopscotch	\$ \$	1 None	2 A little	A lot

Section B. Yesterday After Classes Were Over

13. Outdoor Play: climbing trees, hide & seek		1 None	2 A little	A lot
14. Water Play: (swimming pool or lake)		1 None	2 A little	³ A lot
15. Jump Rope		1 None	2 A little	A lot
16. Dance	Å	1 None	2 A little	A lot
17. Outdoor Chores: mowing, raking, gardening, herding		1 None	2 A little	A lot
18. Indoor Chores: mopping, vacuuming, sweeping	.A.	1 None	2 A little	A lot
19. Mixed: walking / running	X / 1	1 None	2 A little	³ A lot
20. Walking	X	1 None	2 A little	A lot
21. Running	Ż	1 None	2 A little	A lot
22. Skateboarding / Skating	<u>A</u>	1 None	2 A little	A lot
23. Hiking		1 None	2 A little	A lot
24. Horseback Riding		1 None	2 A little	A lot

25. Watch TV / Videos		1 None	2 A little	A lot
26. Play Video Games		1 None	2 A little	A lot
27. Homework/Reading		1 None	2 A little	A lot
28. Play Board Games		1 None	2 A little	A lot
29. Arts and Crafts	of p	1 None	2 A little	A lot
30. Riding the School Bus		1 None	2 A little	A lot
31. Other	?	1 None	2 A little	A lot



Section C. Yesterday

1.	Were you in school yesterday?	1 Yes	2 No
2.	Did you participate in PE class yesterday?	1 Yes	2 No
3.	Did you participate in recess yesterday?	1 Yes	2 No



1.	Bicycling		1 None	2 A little	A lot
2.	Exercise: push-ups, sit-ups, jumping jacks	R.	1 None	2 A little	A lot
3.	Gymnastics: bars, beam, tumbling, trampoline		1 None	2 A little	A lot
4.	Basketball	Ň	1 None	2 A little	A lot
5.	Baseball / softball	¢	1 None	2 A little	A lot
6.	Football	Ť,	1 None	2 A little	A lot
7.	Soccer		1 None	2 A little	A lot
8.	Volleyball	J.	1 None	2 A little	A lot
9.	Racket Sports: badminton, tennis	Ŷ	1 None	2 A little	A lot
10.	Ball Playing: four square, dodge ball, kickball, frisbee	1	1 None	2 A little	A lot
11.	Games: chase, tag, hopscotch	\$ X	1 None	2 A little	A lot

Section D. Yesterday During School

12. Outdoor Play: climbing trees, hide & seek			2 A little	A lot
13. Jump Rope		1 None	2 A little	A lot
14. Dance	X		2 A little	
15. Mixed: walking / running	X / 1	1 None	2 A little	A lot
16. Walking	X	1 None	2 A little	A lot
17. Running	Ř		2 A little	
18. Skateboarding / Skating	Ă		2 A little	
19. Other	?		2 A little	A lot