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Pathways



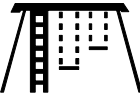








2002













Pathways Physical Activity Questionnaire


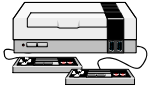

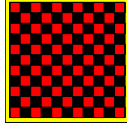

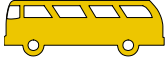

Prevention Research Center, Albuquerque, New Mexico

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Section A. Today Before Classes Started at School













1. Bicycling		1 None	2 A little	3 A lot
2. Exercise: push-ups, sit-ups, jumping jacks		1 None	2 A little	3 A lot
3. Climbing on playground equipment		1 None	2 A little	3 A lot
4. Basketball		1 None	2 A little	3 A lot
5. Baseball / softball		1 None	2 A little	3 A lot
6. Football		1 None	2 A little	3 A lot
7. Soccer		1 None	2 A little	3 A lot
8. Volleyball		1 None	2 A little	3 A lot
9. Racket Sports: badminton, tennis		1 None	2 A little	3 A lot
10. Ball Playing: four square, dodge ball, kickball, frisbee		1 None	2 A little	3 A lot
11. Games: chase, tag, hopscotch		1 None	2 A little	3 A lot













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




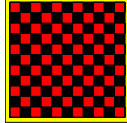

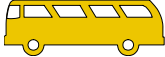

24. Watch TV / Videos		1 None	2 A little	3 A lot
25. Play Video Games		1 None	2 A little	3 A lot
26. Homework/Reading		1 None	2 A little	3 A lot
27. Play Board Games		1 None	2 A little	3 A lot
28. Arts and Crafts		1 None	2 A little	3 A lot
29. Riding the School Bus		1 None	2 A little	3 A lot
30. Other _____		1 None	2 A little	3 A lot



Section B. Yesterday After Classes Were Over

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

13. Outdoor Play: climbing trees, hide & seek		1 None	2 A little	3 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	3 A lot
16. Dance		1 None	2 A little	3 A lot
17. Outdoor Chores: mowing, raking, gardening, herding		1 None	2 A little	3 A lot
18. Indoor Chores: mopping, vacuuming, sweeping		1 None	2 A little	3 A lot
19. Mixed: walking / running		1 None	2 A little	3 A lot
20. Walking		1 None	2 A little	3 A lot
21. Running		1 None	2 A little	3 A lot
22. Skateboarding / Skating		1 None	2 A little	3 A lot
23. Hiking		1 None	2 A little	3 A lot
24. Horseback Riding		1 None	2 A little	3 A lot

25. Watch TV / Videos		1 None	2 A little	3 A lot
26. Play Video Games		1 None	2 A little	3 A lot
27. Homework/Reading		1 None	2 A little	3 A lot
28. Play Board Games		1 None	2 A little	3 A lot
29. Arts and Crafts		1 None	2 A little	3 A lot
30. Riding the School Bus		1 None	2 A little	3 A lot
31. Other _____		1 None	2 A little	3 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



Section D. Yesterday During School

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

12. Outdoor Play: climbing trees, hide & seek		1 None	2 A little	3 A lot
13. Jump Rope		1 None	2 A little	3 A lot
14. Dance		1 None	2 A little	3 A lot
15. Mixed: walking / running		1 None	2 A little	3 A lot
16. Walking		1 None	2 A little	3 A lot
17. Running		1 None	2 A little	3 A lot
18. Skateboarding / Skating		1 None	2 A little	3 A lot
19. Other _____		1 None	2 A little	3 A lot