



# PHYSICAL ACTIVITY FORM

OMB#: 0925-0281  
Exp. 03/31/2014

ID NUMBER:

FORM CODE:

DATE: 06/01/2011  
Version 1.0

## ADMINISTRATIVE INFORMATION

0a. Completion Date: / /   
Month Day Year

0b. Staff ID:

## A. SPORTS and LEISURE (Baecke)

1. Do you exercise or play sports? Yes  No  → **Go to Item 18**

2. Which sport or exercise do you do most frequently?

[Do not show list. If activity is coded, enter code and go to Item 3. If not coded, enter 499 and specify activity.]

a. Specify activity \_\_\_\_\_

3. How many hours a week do you do this activity? .....

- Less than 1.....A
- At least 1 but not quite 2.....B
- At least 2 but not quite 3.....C
- At least 3 but not quite 4.....D
- 4 or more.....E

4. How many months a year do you do this activity? .....

- Less than 1.....A
- At least 1 but not quite 4.....B
- At least 4 but not quite 7.....C
- At least 7 but not quite 10.....D
- 10 or more.....E

5. Do you do other exercises or play other sports? Yes  No  → **Go to Item 18**

6. What is your second most frequent sport or exercise?

[Do not show list. If activity is coded, enter code and go to Item 7. If not coded, enter 499 and specify activity.]

a. Specify activity \_\_\_\_\_

7. How many hours a week do you do this activity? .....

- Less than 1.....A
- At least 1 but not quite 2.....B
- At least 2 but not quite 3.....C
- At least 3 but not quite 4.....D
- 4 or more.....E

8. How many months a year do you do this activity? .....

- Less than 1.....A
- At least 1 but not quite 4.....B
- At least 4 but not quite 7.....C
- At least 7 but not quite 10.....D
- 10 or more.....E

9. Do you do other exercises or play other sports? Yes  No  → **Go to Item 18**

10. What is your third most frequent sport or exercise?

[Do not show list. If activity is coded, enter code and go to Item 11. If not coded, enter 499 and specify activity.]

a. Specify activity \_\_\_\_\_

11. How many hours a week do you do this activity? .....

- Less than 1.....A
- At least 1 but not quite 2.....B
- At least 2 but not quite 3.....C
- At least 3 but not quite 4.....D
- 4 or more.....E

12. How many months a year do you do this activity? .....

- Less than 1.....A
- At least 1 but not quite 4.....B
- At least 4 but not quite 7.....C
- At least 7 but not quite 10.....D
- 10 or more.....E

13. Do you do other exercises or play other sports? Yes  No  → **Go to Item 18**

14. What is your fourth most frequent sport or exercise?

[Do not show list. If activity is coded, enter code and go to Item 15. If not coded, enter 499 and specify activity.]

a. Specify activity \_\_\_\_\_

15. How many hours a week do you do this activity? .....

Less than 1.....A  
At least 1 but not quite 2.....B  
At least 2 but not quite 3.....C  
At least 3 but not quite 4.....D  
4 or more.....E

16. How many months a year do you do this activity? .....

Less than 1.....A  
At least 1 but not quite 4.....B  
At least 4 but not quite 7.....C  
At least 7 but not quite 10.....D  
10 or more.....E

17. Do you do other exercises or play other sports? Yes  No

18. During leisure time, would you say you play sports or exercise .....

Never .....A  
Seldom.....B  
Sometimes .....C  
Often .....D  
Very often.....E

19. In comparison with others of your own age do you think your physical activity during leisure time is .....

Much less .....A  
Less .....B  
The same .....C  
More.....D  
Much more .....E

20. During leisure time, do you sweat .....

Never .....A  
Seldom.....B  
Sometimes .....C  
Often .....D  
Very often.....E

21. During leisure time, do you watch television.....

Never .....A  
Seldom.....B  
Sometimes .....C  
Often .....D  
Very often.....E

22. During leisure time, do you walk.....

Never .....A  
Seldom.....B  
Sometimes .....C  
Often .....D  
Very often.....E

23. During leisure time, do you bicycle.....

Never .....A  
Seldom.....B  
Sometimes .....C  
Often .....D  
Very often.....E

## Appendix 1

## CODING LIST FOR PHYSICAL ACTIVITY FORM – Omit this as it is included in the Q by Q

ACTIVITY	CODE
Archery	1
Aqua Aerobics/Swimnastics/Water Exercise	2
Backpacking	4
Badminton	7
Baseball	10
Basketball, Game	13
Basketball, Non-game	16
Biathlon	19
Bicycle Racing	22
Bicycling < 10 mph	25
Bicycling > 10 mph	28
Billiards	31
Bobsledding	37
Body Building	40
Bowling	43
Boxing	46
Broomball	49
Calisthenics	52
Canoeing < 2.6 mph	55
Canoeing in Competition	58
Carpentry/ Woodworking	60
Car Racing	61
Crew	67
Cricket	70
Croquet	73
Crossbowing	76
Curling	79
Dancing, Aerobics (Low to moderate)	82
Dancing, Aerobic (high intensity)	85
Dancing, Ballet	88
Dancing - Jazz, Modern	91
Dancing - Ballroom and/or Square	94
Darts	97
Diving	100
Equestrian Events	109
Fencing	112
Field Hockey	115
Figure Skating	118
Fishing from Bank or Boat	121
Fishing in Stream with Wading Boots	124
Floor Exercise	125
Football, Game	127
Football, Non-game	130
Frisbee - Competition/Games	133
Frisbee - Recreational	136
Gardening/Yard Work	139
Golf - Using Cart	142
Golf - Walking and Carrying Clubs	145

CODING LIST FOR THE RESPIRATORY/PHYSICAL ACTIVITY FORM SPORTS, continued

ACTIVITY	CODE
Gut Buster/Stomach Exercise	146
Gymnastics (Beam, High Bar, Horse, Parallel and Uneven bars, Rings)	148
Gymnastics (Floor Exercise, Vault)	151
Hackey Sack	154
Handball	157
Hang Gliding	160
Hiking	163
Hiking in the Mountains	166
Hiking on Flat Trail	169
Hockey	172
Horseback Riding	175
Horseshoes/Quoits	178
Hunting	181
Hurling	184
Ice Sailing	187
Ice Skating	190
Jacket Wrestling	193
Jai-Alai	196
Jogging < 6 mph	199
Jogging > 6 mph	202
Judo	205
Juggling	208
Jujitsu	211
Jumping Rope	214
Karate	217
Kayaking	220
Kick Boxing	223
Lacrosse	226
Lawn Bowling	229
Lugs	232
Mini-Trampoline	235
Motocross	238
Mountain Climbing	241
Mowing Lawn with Riding Mower or Walking Behind Power Mover	244
Mowing Lawn Pushing Hand Mower	247
Nautilus	249
Orienteering	250
Paddleball	253
Polo	259
Power Lifting	262
Racewalking	265
Racquetball	268
Roller Skating	271
Rowing	274
Rugby	277
Running > 6 mph	280
Running, Cross-County	283

CODING LIST FOR THE RESPIRATORY/PHYSICAL ACTIVITY FORM SPORTS, continued

ACTIVITY	CODE
	Sailing - Calm Waters
Sailing - Rough Waters	289
Scuba Diving	292
Sculling < 95 meters/min.	295
Sculling > 95 meters/min.	298
Shoveling	301
Shuffleboard	304
Skateboarding	310
Ski Jumping	313
Skiing, Cross-Country	316
Skiing, Downhill	319
Sky Diving	322
Sledding or Tobogganing	325
Snorkeling	328
Snow Blowing/Shoveling	331
Snowmobling/All Terrain Vehicle	333
Snow Shoeing	334
Soccer	337
Softball	340
Speed Skating	343
Squash	346
Stair Climbing	349
Surfing	352
Swim, Recreational	355
Swimming, Backstroke < 35 yds/min.	358
Swimming, Backstroke > 35 yds/min.	361
Swimming, Breaststroke < 40 yds/min.	364
Swimming, Breaststroke > 40 yds/min.	367
Swimming, Butterfly	370
Swimming, Crawl	373
Swimming, Elementary Backstroke	376
Swimming, Sidestroke > 40 yds/min.	379
Synchronized Swimming	382
Table Tennis	385
Tae Kwon Do	388
Tai Chi	391
Team Handball	394
Tennis	397
Trampoline	400
Trapshooting	403
Unicycling	406
Volleyball	409
Walking Briskly	412
Walking During Work Break	415
Walking for Pleasure	418
Walking To and From Work	421
Water Polo	424
Water Skiing	427
Weight Lifting	430
Whitewater Rafting	433

CODING LIST FOR THE RESPIRATORY/PHYSICAL ACTIVITY FORM SPORTS, continued

ACTIVITY	CODE
Windsurfing	436
Woodcutting	437
Wrestling	439
Wrist Wrestling	442
Yachting	448
Yard Work (See Gardening)	
Yoga	451
Coding Error - DO NOT USE	488
Health Club, Not Otherwise Specified	498
Unspecified	499





## INSTRUCTIONS FOR THE PHYSICAL ACTIVITY (PAC) FORM

### I. General Instructions

The Physical Activity (PAC) Form is completed during the interview portion of the participant clinic visit. The interviewer must be certified and should be familiar with the Physical Activity Form and these instructions. Items on the form enclosed in brackets are instructions to the interviewer, and are not stated verbally during the interview. Skip rules are enclosed in boxes.

Greet the participant cordially and by name; this also serves to confirm that the form corresponds to the participant. Explain that the purpose of this interview is to obtain information on physical activity in the past year, including sports and leisure activities.

### II. Detailed Instructions for Each Item

#### A. SPORTS and LESIURE (Baecke)

reference: Baecke J, Burema J, and Frijters J. A short questionnaire for the measurement of habitual physical activity in epidemiological studies. *Am J Clin Nutr.* 1982; 36:936 –942.

General Instructions for the Sports section: Note the sequencing of these questions. If a participant reports not playing sports or exercising (question 1), the follow-up questions are not asked. If the response is positive, then the participant is asked to report the major activities (up to four, in order of frequency) they engage in and to indicate the hours per week and months per year they do this activity.

A code list is provided for the interviewer, listing many physical activities and a corresponding three digit code. This list is not to be shown to the participant, because we do not want to prompt recall of activities. The three digit code corresponding with a given activity is entered in the appropriate box for questions 2, 6, 10 and 14.

Some codes, such as swimming, require additional probing to determine speed – this must be done during the interview so that accurate data is collected. Please not create new codes for activities not on this list. These activities will be assigned codes at the Coordinating Center. Here are examples of activities that may need to be prompted:

- Basketball: game or non-game
- Bicycling: <10 mph or >10 mph
- Dancing: clarify what type?
- Dancing, aerobic: low to moderate or high intensity
- Fishing: from bank/boat or in stream
- Football: game or non-game
- Frisbee: competition/games or non-game
- Golf: using cart or walking/carrying clubs
- Hiking: mountains, flat trail, or other
- Jogging: ask if <6 or >6 mph (also a running category)
- Mowing: riding mower/walk behind push mower or pushing hand mower
- Sailing: calm waters or rough waters
- Skiing: cross country or downhill

- Swimming: breast stroke, butterfly, crawl, etc.
- Walking: briskly, during work break, pleasure, or to/from work

If an activity does not fit into one of the categories on the list, code the box 499 and specify the activity in the space provided. Interviewers should be thoroughly familiar with the code list so that code 499 is used sparingly.

If the hours reported for a given activity seem excessive (questions 3, 7, 11, 15), repeat the number of hours to the participant to be certain. If the hours per week still seem excessive, attempt to determine the hours of the activity.

The follow-up question "How many months a year do you do this activity?" (questions 4, 8, 12, 16) may be confusing if the participant only recently began performing the activity. In this case, the interviewer should only record what they have done in the past year.

For item #18-23, leisure time is defined as time away from work.

Q by Q: Specific instructions for the Baecke Questionnaire:

1. If the respondent answers "No" go to question 18.
2. The activities reported in this question, as well as questions 6, 10 and 14, must be coded during the interview to ensure good quality data collection. Do not show the physical activity code list. There is no pop-up window for the physical activity code list.

Look at the physical activity code list; if the activity is one of those marked with a bracket ("{}"), probe for the additional information needed to accurately classify the activity. For example, if the respondent answers "bicycling", the interviewer should probe for the speed at which the respondent usually bikes. If they "swim", please probe for the stroke they do most often.

The activities begin with the most frequently performed activity, to make sure that the top four activities are provided. If, while doing the interview, you realize the participant reports activities out of order based on the past year (i.e., a second most common and then a most common), this does not need to be corrected. Please just make sure the top four activities in the past year are reported. We are not collecting sexual activity for these questions.

3. Show the pop-up window to the respondent.
4. Show the pop-up window to the respondent.
5. If the respondent answers "No" go to question 18.
6. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a "group" of similar activities (marked with a "{}").
7. Show the pop-up window to the respondent.
8. Show the pop-up window to the respondent.
9. If the respondent answers "No" go to question 18.
10. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a "group" of similar activities (marked with a "{}").
11. Show the pop-up window to the respondent.
12. Show the pop-up window to the respondent.

13. If the respondent answers "No" go to question 18.
14. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a "group" of similar activities (marked with a "{").
15. Show the pop-up window to the respondent.
16. Show the pop-up window to the respondent.
17. Indicate if the participant does more than four sports or exercises.
18. Show the pop-up window to the respondent.
19. Show the pop-up window to the respondent.
20. Show the pop-up window to the respondent. This question asks about sweating at leisure as a result of activity, not climate or temperature. If the participants say they sweat a lot because it is hot outside, try to get them to focus on sweating due to activity beyond ambient conditions.
21. Show the pop-up window to the respondent.
22. Show the pop-up window to the respondent.
23. Show the pop-up window to the respondent.

Whenever three-digit numerical code responses are required, enter the number so that the last digit appears in the rightmost box. Enter leading zeroes where necessary to fill all boxes.

### **ACTIVITIES LIST**

- 001 Archery
- 002 Aqua (water) Aerobics, swimnastics
- 003 Aerobic Exercise (this does not include aerobic dance #82 or #85)
- 004 Backpacking
- 007 Badminton
- 010 Baseball
- 013 Basketball, Game
- 016 Basketball, Non-Game
- 019 Biathlon
- 022 Bicycle Racing  
Bicycle on Rollers (refer to #350 stationary bike)
- 025 Bicycling < 10 mph (this does not include stationary bicycling or Exercycle, #350)
- 028 Bicycling ≥ 10 mph (this does not include stationary bicycling or Exercycle, #350)
- 031 Billiards
- 037 Bobsledding
- 040 Body Building
- 043 Bowling
- 046 Boxing
- 049 Broomball
- 052 Calisthenics (e.g., pushups, sit-ups)
- 055 Canoeing < 2.6 mph
- 058 Canoeing in Competition
- 060 Carpentry/Woodworking (excludes paid job)
- 061 Car Racing
- 067 Crew
- 070 Cricket

- 073 Croquet
- 076 Crossbowing
- 079 Curling
- 082 Dancing, Aerobic (low to moderate intensity); include Jazzercise
- 085 Dancing, Aerobic (high intensity)
- 088 Dancing, Ballet
- 091 Dancing, Jazz, Modern
- 094 Dancing, Ballroom and/or Square
- Dancing, Folk (refer to #94 dancing, ballroom and/or square)
- 097 Darts
- 100 Diving
- Elliptical (refer to #498 health club class or exercise)
- 109 Equestrian Events
- 112 Fencing
- 115 Field Hockey
- 118 Figure Skating
- 121 Fishing from Bank or Boat
- 124 Fishing in Stream with Wading Boots
- 125 Floor Exercise (bending, stretching, etc., low intensity)
- 127 Football, Game
- 130 Football, Non-Game
- 133 Frisbee - Competition/Games
- 136 Frisbee - Recreational
- 139 Gardening/Yard Work
- 142 Golf - using cart
- 145 Golf - walking and carrying clubs
- 146 Gutbuster/stomach exercises
- 148 Gymnastics (beam, high bar, horse, parallel and uneven bars, rings)
- 151 Gymnastics (floor exercise, vault)
- 154 Hackey Sack
- 157 Handball
- 160 Hang Gliding
- Health Club Class or Exercise (refer to #498)
- 163 Hiking
- 166 Hiking in the Mountains
- 169 Hiking on Flat Trail
- 172 Hockey
- 175 Horseback Riding
- 178 Horseshoes/Quoits
- 181 Hunting
- 184 Hurling
- 187 Ice Sailing
- 190 Ice Skating
- 193 Jacket Wrestling
- 196 Jai-Alai
- Jazzercise (refer to #82 aerobic dance)
- 199 Jogging < 6 mph
- 202 Jogging ≥ 6 mph
- 205 Judo
- 208 Juggling
- 211 Jujitsu

214	Jumping Rope
217	Karate
220	Kayaking
223	Kick Boxing
226	Lacrosse
229	Lawn Bowling
232	Luge
235	Mini-trampoline
238	Motorcross
241	Mountain Climbing, Rock Climbing
244	Mowing Lawn with Riding Mower or Walking Behind Power Mower
247	Mowing Lawn Pushing Hand Mower
249	Nautilus Machine (exercise with weight machine)
250	Orienteering
253	Paddleball
255	Pilates
259	Polo
262	Power Lifting
265	Race Walking
268	Racquetball
	Rock Climbing (refer to #241 mountain climbing or rock climbing)
271	Roller Skating
274	Rowing (includes rowing machine)
277	Rugby
280	Running $\geq$ 6 mph
283	Running, Cross-Country
286	Sailing, calm waters
289	Sailing, rough waters
292	Scuba Diving
295	Sculling < 95 meters/minute
298	Sculling $\geq$ 95 meters/minute
301	Shoveling
304	Shuffleboard
310	Skateboarding
313	Ski Jumping
316	Skiing, Cross-Country (includes machine)
319	Skiing, Downhill
322	Sky Diving
325	Sledding or Tobogganing
328	Snorkeling
331	Snow Blowing/Shoveling
333	Snowmobiling/All terrain vehicle
334	Snow Shoeing
337	Soccer
340	Softball
343	Speed Skating
	Spinning or Bicycling Class, such as in a health club (refer to #350 stationary bike)
346	Squash
349	Stair Climbing (includes Stairmaster equipment)
350	Stationary Bike/Exercise Bike
352	Surfing, Board

- 355 Swim Recreational, including gentle swimming or treading water
- 356 Swimming with Implements, including flippers, kickboards, handboards, hand paddles, buoys
- 358 Swimming, Backstroke ≤ 35 yards/minute
- 361 Swimming, Backstroke > 35 yards/minute
- 364 Swimming, Breaststroke ≤ 40 yards/minute
- 367 Swimming, Breaststroke > 40 yards/minute
- 370 Swimming, Butterfly
- 373 Swimming, Crawl or Freestyle
- 376 Swimming, Backstroke or Elementary Backstroke
- 379 Swimming, Sidestroke ≥ 40 yards/minute
- 382 Synchronized Swimming
- 385 Table Tennis
- 388 Tae Kwon Do
- 391 Tai. Chi
- 394 Team Handball
- 397 Tennis
- 400 Trampoline
- 403 Trapshooting
- 404 Treadmill Walking
- 406 Unicycling
- 409 Volleyball
- 412 Walking Briskly
- 415 Walking during Work Break
- 418 Walking for Pleasure
- 421 Walking to and from Work
- Walking, Race Walking (refer to #265 race walking)
- Walking on Treadmill (refer to #404 treadmill walking)
- Water Aerobics (refer to #2 water aerobics)
- 423 Water Walking or Jogging
- 424 Water Polo
- 427 Water Skiing
- Water Zumba (refer to #2 water aerobics)
- 430 Weight Lifting
- 433 Whitewater Rafting
- 434 Wii (or other electronic game with activity)
- 436 Windsurfing
- 437 Woodcutting (splitting or chopping wood)
- 439 Wrestling
- 442 Wrist Wrestling
- 448 Yachting
- Yard Work (refer to #139 gardening)
- 451 Yoga
- Zumba (refer to #82 aerobic dance low to moderate intensity or #85 vigorous intensity)
- 498 Health Club Class or Exercise, not otherwise specified
- 499 Unspecified