

# M-PAC to Understand Individual Physical Activity – Sample Questionnaire

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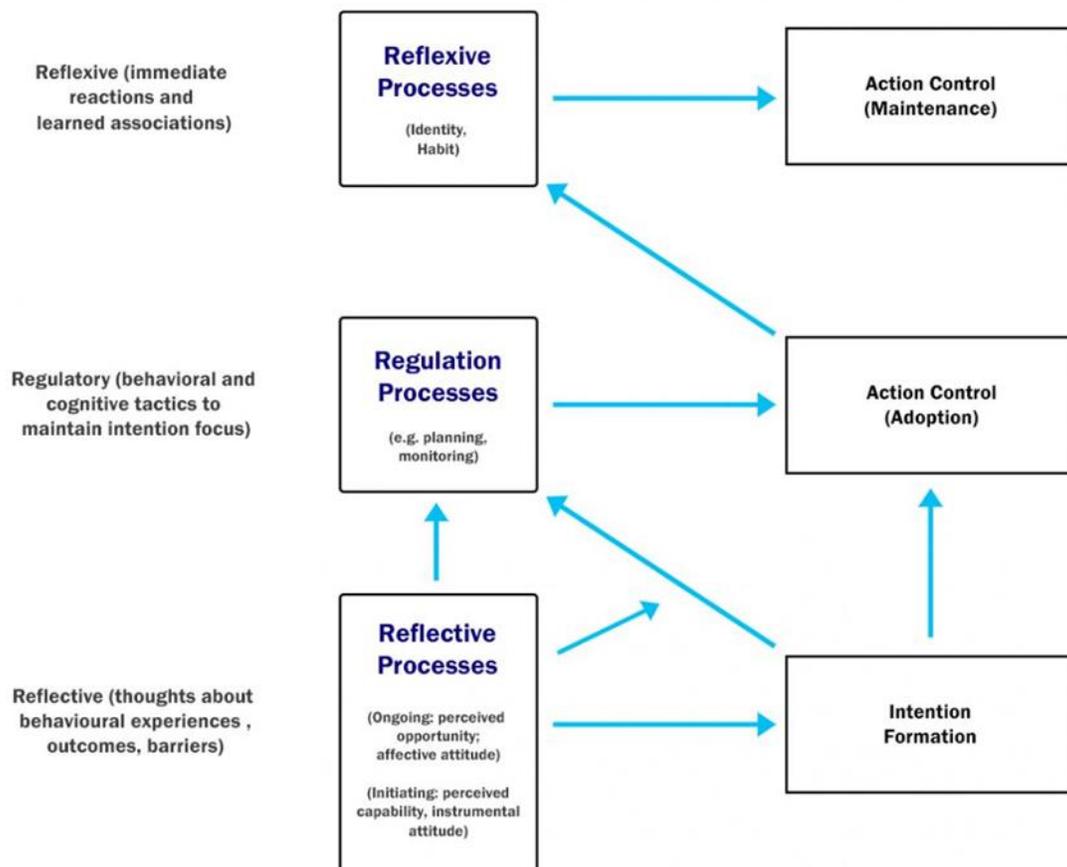
**M-PAC**



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## Table of Contents

Behavioural Measurement for Physical Activity .....	3
Regular Physical Activity Definition .....	3
Attitude towards Physical Activity - Affective Attitude (Rhodes & Courneya, 2003).....	4
Attitude towards Physical Activity - Instrumental Attitude (Rhodes, & Courneya, 2003) .....	4
Perceived Capability over Physical Activity (Rhodes et al., 2006; Burell et al., 2018).....	5
Perceived Opportunity for Physical Activity (Rhodes et al., 2006; Burell et al., 2018) .....	5
Decisional Intentions to be Physically Active (Courneya, 1994) .....	6
Behavioural Regulation for Physical Activity (Sniehotta, Schwarzer, Scholz, & Schuz, 2005) .....	6
Habit of Physical Activity (Gardner, Abraham, Lally, & de Bruijn, 2012) .....	7
Physical Activity Identity (Wilson & Muon, 2008; Sparks & Shepherd, 1992) .....	7
References.....	8



## Behavioural Measurement for Physical Activity

For this section, measurement of the target behaviour is at the discretion of the researcher. Below are suggestions for possible measures of physical activity behavior:

- GLTEQ (eg., Godin & Shephard, 1985)
- Pedometry
- Accelerometry
- Attendance at a program
- Seven day recall
- IPAQ

## Regular Physical Activity

Please take an extra minute to read this section. It is very important that you clearly understand our definition of what constitutes regular physical activity before you proceed with the survey.

**Please refer back to these definitions for all physical activity-related questions.**

- Engaging in physical activity on a regular basis can be defined as 150 minutes of at least moderate-intensity activity per week.
- What is moderate-intensity physical activity? This includes activities like brisk walking, tennis, easy bicycling, or dancing; such activities may work up a light perspiration but is not exhausting. Several short bouts (but not less than 10 minutes) can be accumulated.
- Note: Typical weight training (free weight, weight machines) and callisthenic-type activities (such as push-ups, sit-ups) should be considered as moderate-intensity activity. Count only the minutes that you are actually active. For example, during a 1.5 hour workout, you may only be lifting for 30 minutes.
- What is vigorous-intensity physical activity? This includes activities like running, aerobics, fast bicycling, or basketball. Such activities cause significant sweating and large increases in breathing and heart rate.



## Perceived Capability over Physical Activity (Rhodes, Blanchard, & Matheson, 2006; Burell, Allan, Williams, & Johnston, 2018)

Instructions: These questions ask you about your confidence and/or control over engaging in regular physical activity. Please circle a number for each question using the scale provided. Consider what you would do for each question assuming you wanted to do the task.

**If I had to over the next XX (behavioral assessment period)...**

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I possess the skills to do regular physical activity over the next XX if I wanted to	<input type="radio"/>				
2. I have the physical ability to do regular physical activity over the next XX if I wanted to	<input type="radio"/>				
3. I am confident that I am capable of engaging in regular physical activity if I had to	<input type="radio"/>				

## Perceived Opportunity for Physical Activity (Rhodes, Blanchard, & Matheson, 2006; Burell, Allan, Williams, & Johnston, 2018)

Instructions: These questions ask you about your opportunity for engaging in regular exercise. Please circle a number for each question using the scale provided.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. If I really wanted to do regular physical activity over the next XX, I would have the chance to do so	<input type="radio"/>				
2. I lack the opportunity to do regular physical activity over the next XX, even if I were really motivated to do so	<input type="radio"/>				
3. There are places where I can do physical activity at home and at work if I had to	<input type="radio"/>				

## Decisional Intentions to be Physically Active (Courneya, 1994)

Instructions: The following will ask you about your intention to be regularly physically active.

I intend to engage in physical activity \_\_\_\_\_ times per week during the next *XX* (*specify behavioral assessment period*).

## Behavioural Regulation for Physical Activity (Sniehotta, Schwarzer, Scholz, & Schuz, 2005)

Instructions: Sometimes we use strategies to help us to be physically active. Please use the following scale to answer the questions below.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I kept track of my physical activity in a diary or log over the last month.	<input type="radio"/>				
2. I set short-term (daily or weekly) goals for leisure-time physical activity last month.	<input type="radio"/>				
3. I made regular plans concerning “when”, “where”, “how”, and “what” kind of physical activity I did last month.	<input type="radio"/>				
4. I made plans regarding what to do if something interfered with my engaging in physical activity last month.	<input type="radio"/>				
5. I reserved time in my daily schedule for regular leisure-time physical activity.	<input type="radio"/>				
6. If I did not reach a physical activity goal last month, I analyzed what went wrong.	<input type="radio"/>				

## Habit of Physical Activity (Gardner, Abraham, Lally, & de Bruijn, 2012)

The following questions ask about your habits regarding physical activity. Habits are behaviors that are so practiced they are often done without much thought or motivation. For example, for many people driving a car becomes a habit when one can think about all sorts of things, concentrate on the road, and give little thought to operating the controls of the car. Sometimes travelling to and from work becomes such a habit that we do not even think about our route anymore. Please select the answer that best represents you.

Remember, regular physical activity is defined as 150 minutes of leisure time activity per week at a moderate to vigorous intensity.

### Physical activity is something:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I do automatically	<input type="radio"/>				
2. I do without having to consciously remember	<input type="radio"/>				
3. I do without thinking	<input type="radio"/>				
4. I start doing it before I realize I am doing it	<input type="radio"/>				

## Physical Activity Identity (Wilson & Muon, 2008; Sparks & Shepherd, 1992)

Instructions: The following questions concern your personal beliefs about exercise. Please indicate the degree to which you agree or disagree with each statement when thinking about your exercise participation.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I consider myself someone who does regular physical activity	<input type="radio"/>				
2. When I describe myself to others, I usually include my involvement in physical activity	<input type="radio"/>				
3. Others see me as someone who does physical activity regularly	<input type="radio"/>				
4. Regular physical activity fits the way I want to live	<input type="radio"/>				

## References

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