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# Assessing physical activity using the Children's Leisure Activities Study Survey (CLASS)



# Dimensions of physical activity measured by CLASS

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Domain

Leisure

PE/School sport

Transportation

Household/work

Type

Play

Games/sports

Structured/unstructured

Intensity

Vigorous

Moderate

Light

Sedentary

Frequency

Sessions per usual week

Duration

Hrs/mins per usual week



# Proxy & Self-report versions

## ✓ Proxy

- To be completed by child's primary carer

## ✓ Self-report

- To be completed by child (minimum age 10 years) under supervision



# Dimensions of the CLASS instrument

- Type/Domain
  - ✓ Structured/unstructured; household/work; transportation; PE/School sport; play; games/sports
- Intensity
  - ✓ Sedentary; light; moderate; vigorous
- Frequency
  - ✓ Sessions/times per week
- Duration
  - ✓ Duration of activity (hrs/minutes per week)



# Dimensions cont'd

- habitual activity
- takes approximately 20-30mins to complete



# Properties of CLASS proxy survey

Reliability	Validity (value & measure)	Dimensions measured	Sensitivity to change	Burden	Cost to researcher
Type: 62-94% agreement	0.14-0.39 (accelerometer)	Type, Frequency, Intensity, Duration, Transportation, PE/School sport Organised, Non-organised, Work, Seasonal, moderate, vigorous, light	?	30mins to complete, high level of prompting & instruction	Low printing, high entering, cleaning

# Properties of CLASS self-report survey

Reliability	Validity (value & measure)	Dimensions measured	Sensitivity to change	Burden	Cost to researcher
<p>Type: 62-94% agreement</p> <p>Freq: 11/29 items ICC&gt;0.7 (overall 0.36)</p> <p>Duration: 8/29 items ICC&gt;0.7 (overall 0.24)</p>	0.14-0.39 (accelerometer)	Type, Frequency, Intensity, Duration, Transportation, PE/School sport Organised, Non-organised, Work, Seasonal, moderate, vigorous, light	?	30mins to complete, high level of prompting & instruction	Low printing, high entering, cleaning

# Strengths of CLASS

- Validated self- and proxy-report with primary school children (ages 5-6 years and 10-12 years)
- Easy to complete (self-report under supervision)
- In-school and out-of-school
- Frequency, Intensity, Time (duration), and Type



# Outcome measures from CLASS

- Frequency & duration in physical activity stratified by dimension
- Proportion meeting physical activity recommendations
- PA energy expenditure



# Uses of CLASS data

- Epidemiology/population monitoring
- Policy makers
- School staff
- Local government

