

Acknowledgments must be given to Margarita Treuth, Ningqi Hou, Deborah Young and L. Michele Maynard if this questionnaire is used or adapted

## FELS PAQ FOR CHILDREN

1. In the last year, what sports did you play in school?

I played \_\_\_\_\_ regularly often sometimes  
3 2 1

I played \_\_\_\_\_ regularly often sometimes  
3 2 1

I played \_\_\_\_\_ regularly often sometimes  
3 2 1

I played \_\_\_\_\_ regularly often sometimes  
3 2 1

2. In the last year, what sports or physically active games did you play outside of school?

I played \_\_\_\_\_ sometimes often regularly  
1 2 3

I played \_\_\_\_\_ sometimes often regularly  
1 2 3

I played \_\_\_\_\_ sometimes often regularly  
1 2 3

I played \_\_\_\_\_ sometimes often regularly  
1 2 3

3. When I play sports or games I sweat:

very often often sometimes seldom never  
5 4 3 2 1

4. During leisure time I play sports:

very often often sometimes seldom never  
5 4 3 2 1

5. During leisure time I watch television or read:

never seldom sometimes often very often  
5 4 3 2 1

6. How often do you walk and/or bicycle to and from school?

very often often sometimes seldom never  
5 4 3 2 1

7. What chores do you do at home that are physically active and how often do you do them?

Chore _____	regularly 3	often 2	sometimes 1
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Chore _____	regularly 3	often 2	sometimes 1
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Chore _____	regularly 3	often 2	sometimes 1
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Chore _____	regularly 3	often 2	sometimes 1
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8. When I do chores I sweat:

never 5	seldom 4	sometimes 3	often 2	very often 1
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### Scoring of the FELS PAQ for Children

#### Calculations

Scoring of the physical activity questionnaire refers to the Baecke questionnaire scoring system.

**Sports index** = summarized scores of questions 1-3 (in Likert scales)

*Note:* Scores of questions 1 and 2 = sum of (intensity X frequency) to all activities.

There are three levels of intensities for the sports:

1. Low-level sports (METs  $\leq 4.5$ ) such as biking, dog walking and bowling. Intensity = 0.76.
2. Medium-level sports ( $4.5 < \text{METs} < 7.9$ ), such as aerobics, jogging, basketball and skateboarding. Intensity = 1.26
3. High-level sports (METs  $\geq 8.0$ ), such as running, football and field hockey. Intensity = 1.76

For frequency, there are three levels: regularly (4.5), often (2.5) and sometimes (0.5). This is then converted into a Likert value based on the scale (0 (no sports listed) = 1, 0.01- $<4$  = 2, 4- $<8$  = 3, 8- $<12$  = 4, and  $\geq 12$  = 5).

Score of question 3 = the value under the frequencies (eg. very often (5), often (4), sometimes (3), seldom (2), and never (1)).

**Leisure index** = mean score of questions 4 and 6

*Note:* Scores of 4 and 6 = the value under the frequencies (eg. very often (5), often (4), sometimes (3), seldom (2), and never (1)).

**Work (chore) index** = mean scores of questions 7 and 8

There are three levels of intensities for the chores (question 7):

1. Low-level chores (METs  $\leq 3$ ), such as cleaning kitchen, carrying laundry baskets, watering flowers, feeding pets, picking up trash. Intensity = 0.76

2. Middle-level chores ( $3 < \text{METs} < 4.9$ ), such as cleaning bathroom, carrying food bags, weeding garden, walking large animals, sweeping, picking up sticks. Intensity = 1.26
  3. High-level chores ( $\text{METs} \geq 5.0$ ), such as cleaning barn, mowing lawn, heavy lifting. Intensity = 1.76
- Note:* Score of question 7 = sum of (intensity X frequency) to all chores. There are three levels of frequency: regularly (4.5), often (2.5), and sometimes (0.5). This is then converted into a Likert value based on the scale (0 (no sports listed) = 1,  $0.01 < 4 = 2$ ,  $4 < 8 = 3$ ,  $8 < 12 = 4$ , and  $\geq 12 = 5$ )

**Total score** = sport index + leisure index + work index

### Example

#### Sport

- Q1. Basketball sometimes  $1.26 \cdot 0.5 = 0.63$   
 Baseball often  $1.26 \cdot 2.5 = 3.15$   
 Football regularly  $1.76 \cdot 4.5 = 7.92$   
 Kickball sometimes  $1.26 \cdot 0.5 = 0.63$   
 $0.63 + 3.15 + 7.92 + 0.63 = 12.33 = 5$  (after conversion to Likert value)
- Q2. Football regularly  $1.76 \cdot 4.5 = 7.92$   
 Baseball sometimes  $1.26 \cdot 0.5 = 0.63$   
 Basketball often  $1.26 \cdot 2.5 = 3.15$   
 Kickball sometimes  $1.26 \cdot 0.5 = 0.63$   
 $7.92 + 0.63 + 3.15 + 0.63 = 12.33 = 5$  (after conversion to Likert value)
- Q3. Sweat often = 4  
 Sport index =  $(5 + 5 + 4)/3 = 4.7$

#### Leisure

- Q4. Leisure sport seldom = 2  
 Q6. School walk very often = 5  
 Leisure index =  $(2 + 5)/2 = 3.5$

#### Work

- Q7. Sweep often  $1.26 \cdot 2.5 = 3.15$   
 Pick up trash regularly  $0.76 \cdot 4.5 = 3.42$   
 Pick up sticks often  $1.26 \cdot 2.5 = 3.15$   
 Cut weeds sometimes  $1.26 \cdot 0.5 = 0.63$   
 $3.15 + 3.42 + 3.15 + 0.63 = 10.35 = 4$  (after conversion to Likert value)
- Q8. Chore sweat sometimes = 3  
 Work index =  $(4 + 3)/2 = 3.5$

**Total score** = sport + leisure + work =  $4.7 + 3.5 + 3.5 = 11.7$