

# Questionnaire

## Physical Literacy

Dear Participants!

We are interested in finding out your Physical Literacy level. Physical Literacy is a multidimensional construct encompassing a person's physical activity behavior, attitude towards a physically active lifestyle, exercise motivation, exercise knowledge and exercise self-efficacy.

This questionnaire was approved by the Ethics Committee of the University of Graz. The average time needed for filling in the questionnaire is 15 minutes. All answers and personal information provided will be dealt with in strict confidence and will be used only for scientific purposes. All data provided will not be disclosed to third parties.

### Personal information

Male <input type="radio"/>	Female <input type="radio"/>	Acute diseases	Yes <input type="radio"/>	No <input type="radio"/>
Age		If so, which ones?		
Weight [kg]		Chronic diseases	Yes <input type="radio"/>	No <input type="radio"/>
Height [cm]		If so, which ones?		

## A1: Questions related to your physical activity behavior

The following questions will ask you about the time you spent being physically active in the last 7 days. Please answer all questions even if you do not consider yourself an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your leisure time for recreation, exercise or sport.

Think about all the vigorous activities that you did in the last 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

<b>Question 1</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast bicycling	<input type="radio"/> No vigorous physical activities Skip to question 5						
<b>Question 2</b>	<b>Minutes/day</b>		<b>Hours/day</b>		<b>Don't know</b>		
How much time did you usually spend doing vigorous physical activities on one of those days?					<input type="radio"/>		

Think about all the moderate activities that you did in the last 7 days. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

<b>Question 3</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the last 7 days, on how many days did you do moderate physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.	<input type="radio"/> No moderate physical activities Skip to question 5						
<b>Question 4</b>	<b>Minutes/day</b>		<b>Hours/day</b>		<b>Don't know</b>		
How much time did you usually spend doing moderate physical activities on one of those days?					<input type="radio"/>		

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Think about the time you spent walking in the last 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

<b>Question 5</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the last 7 days, on how many days did you walk for at least 10 minutes at a time?	<input type="radio"/> No walking Skip to question 7						
<b>Question 6</b>	<b>Minutes/day</b>	<b>Hours/day</b>	<b>Don't know</b>				
How much time did you usually spend walking on one of those days?			<input type="radio"/>				

The last question is about the time you spent sitting on weekdays during the last 7 days. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

<b>Question 7</b>	<b>Minutes/day</b>	<b>Hours/day</b>	<b>Don't know</b>
During the last 7 days, how much time did you spend sitting on a week day?			<input type="radio"/>

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### B: Questions related to your exercise motivation

We are interested in finding out your reasons for being active in sport activities or not. Please answer each question according to the scale below.

#### *Why are you (not) currently engaged in sport activities?*

	I totally agree	I agree	I don't no	I disagree	I totally disagree
	1	2	3	4	5
I don't see the point in exercising	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do this activity but I am not sure if it is worth it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't see why I should have to exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think that exercising is a waste of time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I used to have good reasons for doing sports, but now I am asking myself if I should continue doing it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't know anymore; I have the impression that I am incapable of succeeding in this sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can't see why I should bother exercising	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often ask myself; I can't seem to achieve the goals that I set for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There may be good reasons to do this activity, but personally I don't see any	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is not clear to me anymore; I don't really think my place is in sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't know; I don't see what this activity brings me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do this activity, but I am not sure it is a good thing to pursue it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## C: Questions related to your attitude towards a physically active lifestyle

We are interested in finding out your attitude towards a physically active lifestyle. Please answer each question according to the scale below. Indicate to what extent the following questions corresponds with your situation.

	I totally agree	I agree	I don't no	I disagree	I totally disagree
	1	2	3	4	5
Physical activity is part of my daily routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually drive or ride short distances rather than walk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is hard for me to find the time to exercise on a regular basis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I exercise or play sports, I feel self-conscious about the way I look to others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is hard for me to stick to a regular schedule of physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I usually use the lift and/or the escalator rather than the stairway	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prefer leisure-time-activities, which are not connected with physical activity (for example computer games, movies, televisions-series etc.)**	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think regular sport lessons at school are unnecessary	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I need a lot of motivation and it costs me quite an effort to perform physical activities regularly**	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activities respectively sport is an essential part of my life and belongs to a fulfilled life**	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## **D: Questions related to your exercise knowledge**

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Please answer the following open-ended questions using keywords or short sentences. Please answer all five questions without any help or tools.

### **Free answers**

At least how many days per week a person at your age must perform moderate-intensity endurance physical activity to promote health?

At least how many minutes per day a person at your age must perform moderate-intensity physical activity to promote health?

At least how many days per week a person at your age must perform strength-based physical activity to maintain or increase muscular strength?

At least how many minutes must a single physical activity session last to promote health?

At least how many minutes must a single physical activity session last to promote health?

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**E: Questions related to your exercise self-confidence/self-efficacy**

*Certain barriers make it hard to begin exercising.*

*How sure are you that you can begin exercising regularly?*

I am sure that...	I totally agree	I agree	I don't no	I disagree	I totally disagree
	1	2	3	4	5
I can change to a physically active life style	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can be physically active once a week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can be physically active at least 3 times a week for 30 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**It is always hard to get started. How sure are you that you can start exercising regularly?**

*I am sure I can start being physically active immediately, even if...*

	I totally agree	I agree	I don't no	I disagree	I totally disagree
	1	2	3	4	5
...I initially have to reconsider my views on physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...the planning for this is very laborious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I have to force myself to start immediately	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I have to push myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## PRIMARY CARE UND BEWEGUNGSKOMPETENZ

**It is important to stay physically active. Are you confident you can manage that?**

*I am sure I can keep being physically active regularly, even if...*

	I totally agree	I agree	I don't no	I disagree	I totally disagree
	1	2	3	4	5
... it takes me long to make it a habit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I am worried and troubled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I don't see success at once	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I am tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I am stressed out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I feel tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...my blood pressure doesn't improve immediately	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I won't get social support for my first attempts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I have to start all over again several times until I succeed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...my partner/ family isn't physically active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...my cholesterol doesn't improve immediately	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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In spite of good intentions, smaller or larger relapses may occur. Imagine you stopped exercising for some time. How confident are you about restarting exercises?

*I am sure I can be physically active again regularly, even if...*

	I totally agree	I agree	I don't no	I disagree	I totally disagree
	1	2	3	4	5
...I postpone my plans several times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I am not able to pull myself together sometimes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...I have already paused for several weeks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**This is the end of the questionnaire, thank you for participating and supporting our research in the field of Physical Literacy.**