

CSEP-PATH: PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR QUESTIONNAIRE (PASB-Q)

ADULT (18 AND OVER)

Please answer the following questions based on what you do in a typical week. To increase accuracy, you may wish to log your physical activity and sedentary behavior for one week prior to answering the questions.

Aerobic Physical Activity

1. Frequency: In a typical week, how many days do you do moderate-intensity (like brisk walking) to vigorous-intensity (like running) aerobic physical activity ?

___ days/week

2. Time or Duration: On average for days that you do at least moderate-intensity aerobic physical activity (as specified above), how many minutes do you do?

___ minutes/day

Total: Multiply your average number of days per week by the average number of minutes per day.

___ minutes/week

Muscle Strengthening Physical Activity

3. In a typical week, how many times do you do muscle strengthening activities (such as resistance training or very heavy gardening)?

___ times/week

Perceived Aerobic Fitness

4. In general, would you say that your aerobic fitness (ability to walk/run distances) is:

___ Excellent ___ Very Good ___ Good ___ Fair ___ Poor

Sedentary Behaviour

5. On a typical day, how many hours do you spend in continuous sitting: at work, in meetings, volunteer commitments and commuting (i.e., by motorized transport)?

- None < 1 hour 1 to < 2 2 to < 3
 3 to < 4 4 to < 5 5 to < 6 > 6

6. On a typical day, how many hours do you watch television, use a computer, read, and spend sitting quietly during your leisure time?

- None < 1 hour 1 to < 2 2 to < 3
 3 to < 4 4 to < 5 5 to < 6 > 6

Total Sedentary Behaviour (add responses to questions 5 and 6) ____ hours/day

7. When sitting for prolonged periods (one hour or more), at what interval would you typically take a break to stand and move around for two minutes?

- < 10 minutes
 10 to < 20 minutes
 20 to < 30 minutes
 30 to < 45 minutes
 45 to < 1 hour
 1 to < 1.5 hours
 1.5 to < 2 hours
 > 2 hours