

PHYSICAL ACTIVITY SCALE FOR THE ELDERLY

With the following questionnaire, we would like to gather some information about your physical activity. All information given is confidential and will be stored in a way that does not allow anybody who is not associated with the study to have access to it. Your name will not be recorded in order to assure anonymity.

If you agree to these conditions, we would kindly ask you to complete this questionnaire. Of course you can withdraw your consent at any time. Thank you for your help!

Your Initials: _____

Date: _____

Leisure time activity

- 1.** Over the past 7 days, how often did you participate in sitting activities such as reading, watching TV or doing handcrafts?

- ☐ Never (go to question 2)
- ☐ Seldom (1-2 days)
- ☐ Sometimes (3-4 days)
- ☐ Often (5-7 days)

- 1a.** What were these activities?

- 1b.** On average, how many hours per day did you engage in these sitting activities?

- ☐ Less than 1 hour
- ☐ 1 but less than 2 hours
- ☐ 2-4 hours
- ☐ More than 4 hours

- 2.** Over the past 7 days, how often did you take a walk outside your home or yard for any reason? For example, for fun or exercise, walking to work, walking the dog, etc.?

- ☐ Never (go to question 3)
- ☐ Seldom (1-2 days)
- ☐ Sometimes (3-4 days)
- ☐ Often (5-7 days)

- 2a.** On average, how many hours per day did you spend walking?

- ☐ Less than 1 hour
- ☐ 1 but less than 2 hours
- ☐ 2-4 hours
- ☐ More than 4 hours

- 3.** Over the past 7 days, how often did you engage in light sport or recreational activities such as bowling, golf with a cart, shuffleboard, fishing from a boat or pier or other similar activities?

- ☐ Never (go to question 4)
- ☐ Seldom (1-2 days)
- ☐ Sometimes (3-4 days)
- ☐ Often (5-7 days)

- 3a.** What were these activities?

- 3b.** On average, how many hours per day did you engage in these light sport or recreational activities?

- ☐ Less than 1 hour
- ☐ 1 but less than 2 hours
- ☐ 2-4 hours
- ☐ More than 4 hours

- 4.** Over the past 7 days, how often did you engage in moderate sport or recreational activities such as doubles tennis, ballroom dancing, hunting, ice skating, golf without a cart, softball or other similar activities?

- ☐ Never (go to question 5)
- ☐ Seldom (1-2 days)
- ☐ Sometimes (3-4 days)
- ☐ Often (5-7 days)

- 4a.** What were these activities?

- 4b.** On average, how many hours per day did you engage in these moderate sport and recreational activities?

- ☐ Less than 1 hour
- ☐ 1 but less than 2 hours
- ☐ 2-4 hours
- ☐ More than 4 hours

- 5.** Over the past 7 days, how often did you engage in strenuous sport and recreational activities such as jogging, swimming, cycling, singles tennis, aerobic dance, skiing (downhill or cross country) or other similar activities?

- ☐ Never (go to question 6)
- ☐ Seldom (1-2 days)
- ☐ Sometimes (3-4 days)
- ☐ Often (5-7 days)

- 5a.** What were these activities?

5b. On average, how many hours per day did you engage in these strenuous sport and recreational activities?

- ☐ Less than 1 hour
- ☐ 1 but less than 2 hours
- ☐ 2-4 hours
- ☐ More than 4 hours

6. Over the past 7 days, how often did you do any exercises specifically to increase muscle strength and endurance, such as lifting weights or pushups, etc.?

- ☐ Never (go to question 7)
- ☐ Seldom (1-2 days)
- ☐ Sometimes (3-4 days)
- ☐ Often (5-7 days)

6a. What were these activities?

6b. On average, how many hours per day did you engage in exercises to increase muscle strength and endurance?

- ☐ Less than 1 hour
- ☐ 1 but less than 2 hours
- ☐ 2-4 hours
- ☐ More than 4 hours

Household activity

7. During the past 7 days, have you done any light housework, such as dusting or washing dishes?

- ☐ Yes ☐ No

8. During the past 7 days, have you done any heavy housework or chores, such as vacuuming, scrubbing floors, washing windows, or carrying wood?

- ☐ Yes ☐ No

9. During the past 7 days, did you engage in any of the following activities?
Please answer YES or NO for each item.

a. Home repairs like painting, wallpapering, electrical work, etc.

☐ Yes ☐ No

b. Lawn work or yard care, including snow or leaf removal, wood chopping, etc.

☐ Yes ☐ No

c. Outdoor gardening

☐ Yes ☐ No

d. Caring for another person, such as children, dependent spouse, or another adult

☐ Yes ☐ No

Work-related activity

10. During the past 7 days, did you work for pay or as a volunteer?

☐ Yes ☐ No

10a. How many hours per week did you work for pay and/or as a volunteer?

_____ Hours

10b. Which of the following categories best describes the amount of physical activity required on your job and/or volunteer work?

- ☐ Mainly sitting with slight arm movements. (*Examples:* office worker, watchmaker, seated assembly line worker, bus driver)
- ☐ Sitting or standing with some walking. (*Examples:* cashier, general office worker, light tool and machinery worker)
- ☐ Walking, with some handling of materials generally weighing less than 50 pounds. (*Examples:* mailman, waiter/waitress, construction worker, heavy tool and machinery worker)
- ☐ Walking and heavy manual work often requiring handling of materials weighing over 50 pounds. (*Examples:* lumberjack, stone mason, farm or general labourer)

Thank you very much!