



PHYSICAL ACTIVITY MODULE

1) In the past week on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise, and brisk walking or cycling for recreation or to get to or from places, but should not include housework or physical activity that may be part of your job.

(please circle one answer only)

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|---|

2) Do you feel that you are more physically active in your daily life as a result of taking part in this activity?

Yes No

3) If yes, can you tell us in what ways you have become more physically active?

(e.g. walking short distances instead of taking the car, using stairs instead of lifts)

(Maximum 150 words)

4) Do you feel that you now make more use of the outdoors whilst doing physical activity?

Yes No

5) If yes, can you tell us in what ways you make more use of the outdoors for physical activity?

(e.g. use parks and public spaces for exercise, growing your own food, playing sports, walking clubs)

(Maximum 150 words)

6) Has taking part in this project encouraged your or prevented you from taking part in other sports/physical activity clubs or organisations?

(please tick one box)



- I have taken up other physical activity but it is not because of my involvement in this project.
- I have taken up other physical activity as a direct result of my involvement in this project.
- I had to give something up to start this project
- No change – I have not started or stopped a physical activity as a result of my involvement in this project.

7) Do you think you will continue to be more physically active in your daily life?

- Yes No

8) Below are a set of statements relating to why some people may find it difficult to take part in a physical activity. Please indicate which of these applies to you (tick all that apply).

- I find it difficult to find time
- It's difficult to get childcare
- It's too expensive
- I'm not really interested in physical activity
- There is nothing in my local area that appeals to me
- There are few single sex activities in my area
- It's difficult for me to get to activities (e.g. travel problems, few local facilities, or facilities too far away)
- Local courses and facilities are not adequately adapted for those with a disability
- My health isn't good enough
- I feel uncomfortable going into a new environment
- I feel self conscious about doing physical activity
- I worry about my personal safety and/or sexual harassment
- My parents and other adults (e.g. teachers) do not encourage me to take part in physical activity.
- My friends don't encourage me to take part in physical activity
- Other (please state) _____

