INSTRUCTIONS FOR THE PHYSICAL ACTIVITY (PAC) FORM

I. General Instructions

The Physical Activity (PAC) Form is completed during the interview portion of the participant clinic visit. The interviewer must be certified and should be familiar with the Physical Activity Form and these instructions. Items on the form enclosed in brackets are instructions to the interviewer and are not stated verbally during the interview. Skip rules are enclosed in boxes.

Greet the participant cordially and by name; this also serves to confirm that the form corresponds to the participant. Explain that the purpose of this interview is to obtain information on physical activity in the past year, including sports and leisure activities along with activity around the home and community.

II. Detailed Instructions for Each Item

0a. Record the completion date.

0b. Record the Staff ID of the person who administered the form.

0c. Record the visit type. If completing an Abbreviated Clinic or Home Visit, skip to item 21. Continue with item 1 for Full Clinic Visits only.

A. SPORTS and LEISURE (Baecke)

*Opening Script:* "The purpose of this interview is to obtain information on your physical activity levels during the past year, including sports and leisure activities along with activity around the home and community."

*General Instructions for the Sports section:* Note the sequencing of these questions. If a participant reports not playing sports or exercising (question 1), skip to question 21. If the response is positive, then the participant is asked to report the major activities (up to four, in order of frequency) they engage in and to indicate the hours per week and months per year they do this activity.

A code list is provided for the interviewer, listing many physical activities and a corresponding three-digit code. This list is not to be shown to the participant, because we do not want to prompt recall of activities. The three-digit code corresponding with a given activity is entered in the appropriate box for questions 2, 6, 10 and 14. The Activity Code List can be found in Appendix 1 of this QxQ.

Some codes, such as swimming, require additional probing to determine speed – this must be done during the interview so that accurate data is collected. Please do not create new codes for activities not on this list. These activities will be assigned codes at the Coordinating Center. Here are examples of activities that may need to be prompted:

- Basketball: game or non-game
- Bicycling: <10 mph or >10 mph
- Dancing: clarify what type?
- Dancing, aerobic: low to moderate or high intensity
- Fishing: from bank/boat or in stream
- Football: game or non-game
- Frisbee: competition/games or non-game
- Golf: using cart or walking/carrying clubs
- Hiking: mountains, flat trail, or other
- Jogging: ask if <6 or >6 mph (also a running category)
- Mowing: riding mower/walk behind push mower or pushing hand mower
- Sailing: calm waters or rough waters
- Skiing: cross country or downhill
- Swimming: breast stroke, butterfly, crawl, etc.
- Walking: briskly, during work break, pleasure, or to/from work

If an activity does not fit into one of the categories on the list, code the box 499 and specify the activity in the space provided. Interviewers should be thoroughly familiar with the code list so that code 499 is used sparingly.

If the hours reported for a given activity seem excessive (questions 3, 7, 11, 15), repeat the number of hours to the participant to be certain. If the hours per week still seem excessive, attempt to determine the hours of the activity.

The follow-up question "How many months a year do you do this activity?" (questions 4, 8, 12, 16) may be confusing if the participant only recently began performing the activity. In this case, the interviewer should only record what they have done in the past year.

For item #21 and 22, leisure time is defined as time away from work.

Script for Sports and Leisure (Baecke) Section (Questions 1-16):
"First, I will ask you about physical activities that you do for exercise, sports, or recreation. For this, I'd like you to think about activities that you do for health benefit during free periods of the day. I will ask you about activities that you do around the home and community later during the interview."

Q by Q: Specific instructions for the Sports and Leisure (Baecke) Section (Questions 1-17):

1. If the respondent answers "No" go to question 21.
2. The activities reported in this question, as well as questions 6, 10 and 14, must be coded during the interview to ensure good quality data collection. Do not show the physical activity code list. There is no pop-up window for the physical activity code list.

Look at the physical activity code list; if the activity is one of those marked with a bracket ("{"), probe for the additional information needed to accurately classify the activity. For example, if the respondent answers "bicycling", the interviewer should probe for the speed at which the respondent usually bikes. If they “swim”, please probe for the stroke they do most often.

The activities begin with the most frequently performed activity, to make sure that the top four activities are provided. If, while doing the interview, you realize the participant reports activities out of order based on the past year (i.e., a second most common and then a most common), this does not need to be corrected. Please just make sure the top four activities in the past year are reported. We are not collecting sexual activity for these questions.

3. Show the pop-up window to the respondent.
4. Show the pop-up window to the respondent.
5. If the respondent answers "No" go to question 21.
6. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a “group” of similar activities (marked with a “{“).

7. Show the pop-up window to the respondent.

8. Show the pop-up window to the respondent.

9. If the respondent answers “No” go to question 21.

10. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a “group” of similar activities (marked with a “{“).

11. Show the pop-up window to the respondent.

12. Show the pop-up window to the respondent.

13. If the respondent answers “No” go to question 21.

14. Do not show the physical activity code list. There is no pop-up window for the physical activity code list. Probe to obtain additional information if the reported activity constitutes one of a “group” of similar activities (marked with a “{“).

15. Show the pop-up window to the respondent.

16. Show the pop-up window to the respondent.

Questions 17-20 have been disabled for Visit 10.

21. Show the pop-up window to the respondent.

22. Show the pop-up window to the respondent.

Whenever three-digit numerical code responses are required, enter the number so that the last digit appears in the rightmost box. Enter leading zeroes where necessary to fill all boxes. The Activity Code List can be found in Appendix 1.

Script for Leisure Questions (Questions 18-23). "Now, I'd like to ask you a few additional questions about activities that you may do during free periods of the day”.

Q by Q: Specific instructions for the Sports and Leisure (Baecke) Section (Questions 21-22):

21. Read the question aloud. Then, read aloud the response options (Never to Very Often).

22. This question is aimed at non-exercise walking (i.e., occurring in bout durations of <10 consecutive minutes) during discretionary periods of the day. If a participant reports walking, prompt them for additional information by asking: how long do you walk each time. If ≥ 10 minutes, it will be included in the sports index and coded as 412 (walking briskly) or 418 (walking for pleasure), depending on the nature of the reported walking behavior. If <10 minutes, this information will be included in the leisure index.

Save and close the form. Questions 23-34 have been disabled for Visit 10.
APPENDIX 1: ACTIVITIES LIST

<table>
<thead>
<tr>
<th>Code</th>
<th>Activity Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>001</td>
<td>Archery</td>
</tr>
<tr>
<td>002</td>
<td>Aqua (water) Aerobics, swimnastics</td>
</tr>
<tr>
<td>003</td>
<td>Aerobic Exercise (this does not include aerobic dance #82 or #85)</td>
</tr>
<tr>
<td>004</td>
<td>Backpacking</td>
</tr>
<tr>
<td>007</td>
<td>Badminton</td>
</tr>
<tr>
<td>010</td>
<td>Baseball</td>
</tr>
<tr>
<td>013</td>
<td>Basketball, Game</td>
</tr>
<tr>
<td>016</td>
<td>Basketball, Non-Game</td>
</tr>
<tr>
<td>019</td>
<td>Biathlon</td>
</tr>
<tr>
<td>022</td>
<td>Bicycle Racing</td>
</tr>
<tr>
<td></td>
<td>Bicycle on Rollers (refer to #350 stationary bike)</td>
</tr>
<tr>
<td>025</td>
<td>Bicycling &lt; 10 mph (this does not include stationary bicycling or Exercycle, #350)</td>
</tr>
<tr>
<td>028</td>
<td>Bicycling ≥ 10 mph (this does not include stationary bicycling or Exercycle, #350)</td>
</tr>
<tr>
<td>031</td>
<td>Billiards</td>
</tr>
<tr>
<td>037</td>
<td>Bobsledding</td>
</tr>
<tr>
<td>040</td>
<td>Body Building</td>
</tr>
<tr>
<td>043</td>
<td>Bowling</td>
</tr>
<tr>
<td>046</td>
<td>Boxing</td>
</tr>
<tr>
<td>049</td>
<td>Broomball</td>
</tr>
<tr>
<td>052</td>
<td>Calisthenics (e.g., pushups, sit-ups)</td>
</tr>
<tr>
<td>055</td>
<td>Canoeing &lt; 2.6 mph</td>
</tr>
<tr>
<td>058</td>
<td>Canoeing in Competition</td>
</tr>
<tr>
<td>060</td>
<td>Carpentry/Woodworking (excludes paid job)</td>
</tr>
<tr>
<td>061</td>
<td>Car Racing</td>
</tr>
<tr>
<td>067</td>
<td>Crew</td>
</tr>
<tr>
<td>070</td>
<td>Cricket</td>
</tr>
<tr>
<td>073</td>
<td>Croquet</td>
</tr>
<tr>
<td>076</td>
<td>Crossbowing</td>
</tr>
<tr>
<td>079</td>
<td>Curling</td>
</tr>
<tr>
<td>082</td>
<td>Dancing, Aerobic (low to moderate intensity); include Jazzercise</td>
</tr>
<tr>
<td>085</td>
<td>Dancing, Aerobic (high intensity)</td>
</tr>
<tr>
<td>088</td>
<td>Dancing, Ballet</td>
</tr>
<tr>
<td>091</td>
<td>Dancing, Jazz, Modern</td>
</tr>
<tr>
<td>094</td>
<td>Dancing, Ballroom and/or Square</td>
</tr>
<tr>
<td></td>
<td>Dancing, Folk (refer to #94 dancing, ballroom and/or square)</td>
</tr>
<tr>
<td>097</td>
<td>Darts</td>
</tr>
<tr>
<td>100</td>
<td>Diving</td>
</tr>
<tr>
<td></td>
<td>Elliptical (refer to #498 health club class or exercise)</td>
</tr>
<tr>
<td>109</td>
<td>Equestrian Events</td>
</tr>
<tr>
<td>112</td>
<td>Fencing</td>
</tr>
<tr>
<td>115</td>
<td>Field Hockey</td>
</tr>
<tr>
<td>118</td>
<td>Figure Skating</td>
</tr>
<tr>
<td>121</td>
<td>Fishing from Bank or Boat</td>
</tr>
<tr>
<td>124</td>
<td>Fishing in Stream with Wading Boots</td>
</tr>
<tr>
<td>125</td>
<td>Floor Exercise (bending, stretching, etc., low intensity)</td>
</tr>
<tr>
<td>127</td>
<td>Football, Game</td>
</tr>
<tr>
<td>130</td>
<td>Football, Non-Game</td>
</tr>
<tr>
<td>133</td>
<td>Frisbee - Competition/Games</td>
</tr>
<tr>
<td>136</td>
<td>Frisbee - Recreational</td>
</tr>
<tr>
<td>139</td>
<td>Gardening/Yard Work</td>
</tr>
<tr>
<td>142</td>
<td>Golf - using cart</td>
</tr>
<tr>
<td>145</td>
<td>Golf - walking and carrying clubs</td>
</tr>
</tbody>
</table>
146  Gutbuster/stomach exercises
148  Gymnastics (beam, high bar, horse, parallel and uneven bars, rings)
151  Gymnastics (floor exercise, vault)
154  Hackey Sack
157  Handball
160  Hang Gliding
    Health Club Class or Exercise (refer to #498)
163  Hiking
166  Hiking in the Mountains
169  Hiking on Flat Trail
172  Hockey
175  Horseback Riding
178  Horseshoes/Quoits
181  Hunting
184  Hurling
187  Ice Sailing
190  Ice Skating
193  Jacket Wrestling
196  Jai-Alai
    Jazzercise (refer to #82 aerobic dance)
199  Jogging < 6 mph
202  Jogging ≥ 6 mph
205  Judo
208  Juggling
211  Jujitsu
214  Jumping Rope
217  Karate
220  Kayaking
223  Kick Boxing
226  Lacrosse
229  Lawn Bowling
232  Luge
235  Mini-trampoline
238  Motorcross
241  Mountain Climbing, Rock Climbing
244  Mowing Lawn with Riding Mower or Walking Behind Power Mower
247  Mowing Lawn Pushing Hand Mower
249  Nautilus Machine (exercise with weight machine)
250  Orienteering
253  Paddleball
255  Pilates
259  Polo
262  Power Lifting
265  Race Walking
268  Racquetball
    Rock Climbing (refer to #241 mountain climbing or rock climbing)
271  Roller Skating
274  Rowing (includes rowing machine)
277  Rugby
280  Running ≥ 6 mph
283  Running, Cross-Country
286  Sailing, calm waters
289  Sailing, rough waters
292  Scuba Diving
295  Sculling < 95 meters/minute
298 Sculling ≥ 95 meters/minute
301 Shoveling
304 Shuffleboard
310 Skateboarding
313 Ski Jumping
316 Skiing, Cross-Country (includes machine)
319 Skiing, Downhill
322 Sky Diving
325 Sledding or Tobogganing
328 Snorkeling
331 Snow Blowing/Shoveling
333 Snowmobiling/All terrain vehicle
334 Snow Shoeing
337 Soccer
340 Softball
343 Speed Skating
346 Squash
349 Stair Climbing (includes Stairmaster equipment)
350 Stationary Bike/Exercise Bike
352 Surfing, Board
355 Swim Recreational, including gentle swimming or treading water
356 Swimming with Implements, including flippers, kickboards, handboards, hand paddles, buoys
358 Swimming, Backstroke ≤ 35 yards/minute
361 Swimming, Backstroke > 35 yards/minute
364 Swimming, Breaststroke ≤ 40 yards/minute
367 Swimming, Breaststroke > 40 yards/minute
370 Swimming, Butterfly
373 Swimming, Crawl or Freestyle
376 Swimming, Backstroke or Elementary Backstroke
379 Swimming, Sidestroke ≥ 40 yards/minute
382 Synchronized Swimming
385 Table Tennis
388 Tae Kwon Do
391 Tai Chi
394 Team Handball
397 Tennis
400 Trampoline
403 Trapshooting
404 Treadmill Walking
406 Unicycling
409 Volleyball
412 Walking Briskly
415 Walking during Work Break
418 Walking for Pleasure
421 Walking to and from Work
424 Walking, Race Walking (refer to #265 race walking)
425 Walking on Treadmill (refer to #404 treadmill walking)
426 Water Aerobics (refer to #2 water aerobics)
427 Water Walking or Jogging
428 Water Skiing
429 Water Zumba (refer to #2 water aerobics)
430  Weight Lifting
433  Whitewater Rafting
434  Wii (or other electronic game with activity)
436  Windsurfing
437  Woodcutting (splitting or chopping wood)
439  Wrestling
442  Wrist Wrestling
448  Yachting
   Yard Work (refer to #139 gardening)
451  Yoga
   Zumba (refer to #82 aerobic dance low to moderate intensity or #85 vigorous intensity)
498  Health Club Class or Exercise, not otherwise specified
499  Unspecified

References:


Less than 1
At least 1 but not quite 2
At least 2 but not quite 3
At least 3 but not quite 4
4 or more
Q 3, 7, 11, & 15
Less than 1
At least 1 but not quite 4
At least 4 but not quite 7
At least 7 but not quite 10
10 or more
Q 4, 8, 12, & 16
Never
Seldom
Sometimes
Often
Very often
Q 21 & 22