



Physical Activity IPAQ-E Questionnaire

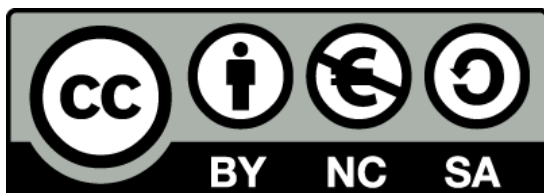
BRinging STEM into Active agING – BRAIN

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Partner name: WSEI University



Open Educational Resources



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INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE IPAQ

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The questions will ask you about **the time you spent being physically active in the last 7 days.**

Please answer each question even if you do not consider yourself to be an active person. To describe the intensity of the physical activity, two terms (Moderate and Vigorous) are used:

Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

Vigorous physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.



1. The first question is about the **time you spent sitting 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.

During the last 7 days, how much time did you spend sitting during a day?

_____ hours _____ minutes



2. 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 might do solely for recreation, sport, exercise, or leisure.

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During the last 7 days, on how many days did you walk for at least 10 minutes at a time?

_____ Days / or _____ No day

How much time did you usually spend walking on one of those days?

_____ hours _____ minutes



3. During the last 7 days, on how many days did **you do moderate physical activities** like gardening, cleaning, bicycling at a regular pace, swimming or other fitness activities.

Think *only* about those physical activities that you did for at least 10 minutes at a time. Do not include walking:

_____ Days / or _____ No day

How much time did you usually spend doing moderate physical activities on one of those days?

_____ hours ____ minutes



4. During the last 7 days, on how many days did you **do vigorous physical activities** like heavy lifting, heavier garden or construction work, chopping woods, aerobics, jogging/running or fast bicycling?

Think *only* about those physical activities that you did for at least 10 minutes at a time.

_____ Days / or _____ No day

How much time did you usually spend doing vigorous physical activities on one of those days?

_____ hours _____ minutes



Calculate Your Score!

Check your physical activity index

- Calculate your results online, using BRAIN Project IPAQ-E calculator
- or calculate your results using BRAIN Project IPAQ-E Excel calculator



THANK YOU FOR YOUR ATTENTION

