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Assessing physical activity using the Children's Leisure Activities Study Survey (CLASS)



Dimensions of physical activity measured by CLASS

Dimensions of physical activity measured by CLASS

Domain

Leisure

PE/School sport

Transportation

Household/work

Type

Play

Games/sports

Structured/unstructured

Intensity

Vigorous

Moderate

Light

Sedentary

Frequency

Sessions per usual week

Duration

Hrs/mins per usual week



Proxy & Self-report versions

✓ Proxy

- To be completed by child's primary carer

✓ Self-report

- To be completed by child (minimum age 10 years) under supervision



Dimensions of the CLASS instrument

- Type/Domain
 - ✓ Structured/unstructured; household/work; transportation; PE/School sport; play; games/sports
- Intensity
 - ✓ Sedentary; light; moderate; vigorous
- Frequency
 - ✓ Sessions/times per week
- Duration
 - ✓ Duration of activity (hrs/minutes per week)



Dimensions cont'd

- habitual activity
- takes approximately 20-30mins to complete



Properties of CLASS proxy survey

| Reliability | Validity (value & measure) | Dimensions measured | Sensitivity to change | Burden | Cost to researcher |
|---------------------------|-------------------------------|---|-----------------------|---|---------------------------------------|
| Type: 62-94% agreement | 0.14-0.39 (accelerometer) | Type, Frequency, Intensity, Duration, Transportation, PE/School sport Organised, Non-organised, Work, Seasonal, moderate, vigorous, light | ? | 30mins to complete, high level of prompting & instruction | Low printing, high entering, cleaning |

Properties of CLASS self-report survey

| Reliability | Validity (value & measure) | Dimensions measured | Sensitivity to change | Burden | Cost to researcher |
|--|-------------------------------|---|-----------------------|---|---------------------------------------|
| <p>Type: 62-94% agreement</p> <p>Freq: 11/29 items ICC>0.7 (overall 0.36)</p> <p>Duration: 8/29 items ICC>0.7 (overall 0.24)</p> | 0.14-0.39 (accelerometer) | Type, Frequency, Intensity, Duration, Transportation, PE/School sport Organised, Non-organised, Work, Seasonal, moderate, vigorous, light | ? | 30mins to complete, high level of prompting & instruction | Low printing, high entering, cleaning |

Strengths of CLASS

- Validated self- and proxy-report with primary school children (ages 5-6 years and 10-12 years)
- Easy to complete (self-report under supervision)
- In-school and out-of-school
- Frequency, Intensity, Time (duration), and Type



Outcome measures from CLASS

- Frequency & duration in physical activity stratified by dimension
- Proportion meeting physical activity recommendations
- PA energy expenditure



Uses of CLASS data

- Epidemiology/population monitoring
- Policy makers
- School staff
- Local government

