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FELS PAQ FOR CHILDREN

1. In the last year, what sports did you play in school?

I played _____ regularly often sometimes
3 2 1

I played _____ regularly often sometimes
3 2 1

I played _____ regularly often sometimes
3 2 1

I played _____ regularly often sometimes
3 2 1

2. In the last year, what sports or physically active games did you play outside of school?

I played _____ sometimes often regularly
1 2 3

I played _____ sometimes often regularly
1 2 3

I played _____ sometimes often regularly
1 2 3

I played _____ sometimes often regularly
1 2 3

3. When I play sports or games I sweat:

very often often sometimes seldom never
5 4 3 2 1

4. During leisure time I play sports:

very often often sometimes seldom never
5 4 3 2 1

5. During leisure time I watch television or read:

never seldom sometimes often very often
5 4 3 2 1

6. How often do you walk and/or bicycle to and from school?

very often often sometimes seldom never
5 4 3 2 1

7. What chores do you do at home that are physically active and how often do you do them?

| | | | |
|-------------|----------------|------------|----------------|
| Chore _____ | regularly 3 | often 2 | sometimes 1 |
|-------------|----------------|------------|----------------|

| | | | |
|-------------|----------------|------------|----------------|
| Chore _____ | regularly 3 | often 2 | sometimes 1 |
|-------------|----------------|------------|----------------|

| | | | |
|-------------|----------------|------------|----------------|
| Chore _____ | regularly 3 | often 2 | sometimes 1 |
|-------------|----------------|------------|----------------|

| | | | |
|-------------|----------------|------------|----------------|
| Chore _____ | regularly 3 | often 2 | sometimes 1 |
|-------------|----------------|------------|----------------|

8. When I do chores I sweat:

| | | | | |
|------------|-------------|----------------|------------|-----------------|
| never 5 | seldom 4 | sometimes 3 | often 2 | very often 1 |
|------------|-------------|----------------|------------|-----------------|

Scoring of the FELS PAQ for Children

Calculations

Scoring of the physical activity questionnaire refers to the Baecke questionnaire scoring system.

Sports index = summarized scores of questions 1-3 (in Likert scales)

Note: Scores of questions 1 and 2 = sum of (intensity X frequency) to all activities.

There are three levels of intensities for the sports:

1. Low-level sports (METs ≤ 4.5) such as biking, dog walking and bowling. Intensity = 0.76.
2. Medium-level sports ($4.5 < \text{METs} < 7.9$), such as aerobics, jogging, basketball and skateboarding. Intensity = 1.26
3. High-level sports (METs ≥ 8.0), such as running, football and field hockey. Intensity = 1.76

For frequency, there are three levels: regularly (4.5), often (2.5) and sometimes (0.5). This is then converted into a Likert value based on the scale (0 (no sports listed) = 1, 0.01- <4 = 2, 4- <8 = 3, 8- <12 = 4, and ≥ 12 = 5).

Score of question 3 = the value under the frequencies (eg. very often (5), often (4), sometimes (3), seldom (2), and never (1)).

Leisure index = mean score of questions 4 and 6

Note: Scores of 4 and 6 = the value under the frequencies (eg. very often (5), often (4), sometimes (3), seldom (2), and never (1)).

Work (chore) index = mean scores of questions 7 and 8

There are three levels of intensities for the chores (question 7):

1. Low-level chores (METs ≤ 3), such as cleaning kitchen, carrying laundry baskets, watering flowers, feeding pets, picking up trash. Intensity = 0.76

2. Middle-level chores ($3 < \text{METs} < 4.9$), such as cleaning bathroom, carrying food bags, weeding garden, walking large animals, sweeping, picking up sticks. Intensity = 1.26
 3. High-level chores ($\text{METs} \geq 5.0$), such as cleaning barn, mowing lawn, heavy lifting. Intensity = 1.76
- Note:* Score of question 7 = sum of (intensity X frequency) to all chores. There are three levels of frequency: regularly (4.5), often (2.5), and sometimes (0.5). This is then converted into a Likert value based on the scale (0 (no sports listed) = 1, $0.01 < 4 = 2$, $4 < 8 = 3$, $8 < 12 = 4$, and $\geq 12 = 5$)

Total score = sport index + leisure index + work index

Example

Sport

- Q1. Basketball sometimes $1.26 \cdot 0.5 = 0.63$
 Baseball often $1.26 \cdot 2.5 = 3.15$
 Football regularly $1.76 \cdot 4.5 = 7.92$
 Kickball sometimes $1.26 \cdot 0.5 = 0.63$
 $0.63 + 3.15 + 7.92 + 0.63 = 12.33 = 5$ (after conversion to Likert value)
- Q2. Football regularly $1.76 \cdot 4.5 = 7.92$
 Baseball sometimes $1.26 \cdot 0.5 = 0.63$
 Basketball often $1.26 \cdot 2.5 = 3.15$
 Kickball sometimes $1.26 \cdot 0.5 = 0.63$
 $7.92 + 0.63 + 3.15 + 0.63 = 12.33 = 5$ (after conversion to Likert value)
- Q3. Sweat often = 4
 Sport index = $(5 + 5 + 4)/3 = 4.7$

Leisure

- Q4. Leisure sport seldom = 2
 Q6. School walk very often = 5
 Leisure index = $(2 + 5)/2 = 3.5$

Work

- Q7. Sweep often $1.26 \cdot 2.5 = 3.15$
 Pick up trash regularly $0.76 \cdot 4.5 = 3.42$
 Pick up sticks often $1.26 \cdot 2.5 = 3.15$
 Cut weeds sometimes $1.26 \cdot 0.5 = 0.63$
 $3.15 + 3.42 + 3.15 + 0.63 = 10.35 = 4$ (after conversion to Likert value)
- Q8. Chore sweat sometimes = 3
 Work index = $(4 + 3)/2 = 3.5$

Total score = sport + leisure + work = $4.7 + 3.5 + 3.5 = 11.7$