

The Adolescent Physical Activity and Recall Questionnaire (APARQ)

Thank you for helping us today. Many students are helping us by completing this questionnaire. By answering these questions you will help us understand more about the health of young people like yourself.

Your answers are confidential and will be looked at by the survey team and no-one else. No-one at your school will see your answers.

Take your time to read each question in turn and answer it as best you can.

Thanks again for being part of this important survey!

HOW TO COMPLETE THIS FORM

Most questions can be answered by placing a tick in a box or writing your answer in a box.

- ❖ Read each question carefully
- ❖ Place a tick or write your answer in the box.
- ❖ Use only the 2B pencil provided
- ❖ Fully erase any mistakes
- ❖ Do not make any stray marks on this form
- ❖ Do not fold this form
- ❖ Ask one of the staff if you need help

Name

Year

School

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First, a few questions about you...

1 What is your date of birth?

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Day		Month		Year		

2 Are you a boy or a girl?

Boy	<input type="checkbox"/>
Girl	<input type="checkbox"/>

3 What language do you speak most at home?

English	<input type="checkbox"/>
Another language	<input type="checkbox"/>

(please write it here) _____

4 Are you an Aboriginal or Torres Strait Islander?

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

5 What suburb do you live in? _____

6 What is the postcode where you live? _____

These are some questions about the organised sports and games that you do at school, before and after school and on weekends...

7 The following questions are about the **ORGANISED** sports and games that you do at school, before and after school and on weekends during the **SUMMER** school terms (terms 1 and 4). **DO NOT INCLUDE SCHOOL HOLIDAYS**. Please think about a normal week and write in the table below:

- ❖ the sports or games you usually do (including training),
- ❖ how many times per week you usually do them, and
- ❖ the usual amount of time you spend doing them.

If you do not do any organised activities, please write “zero” in the first row of the table.

Sport or game	Number of times per week you usually do this sport or game, including training	The usual amount of time you spend doing this activity each time you do it (you can write fractions like 1/2 hour or 2 1/4 hours)
1		
2		
3		
4		
5		
6		
7		

8 The following questions are about the **ORGANISED** sports and games that you do at school, before and after school and on weekends during the **WINTER** school terms (terms 2 and 3). **DO NOT INCLUDE SCHOOL HOLIDAYS**. Please think about a normal week and write in the table below:

- ❖ the sports or games you usually do (including training),
- ❖ how many times per week you usually do them, and
- ❖ the usual amount of time you spend doing them.

If you do not do any organised activities, please write “zero” in the first row of the table.

Sport or game	Number of times per week you usually do this sport or game, including training	The usual amount of time you spend doing this activity each time you do it (you can write fractions like 1/2 hour or 2 1/4 hours)
1		
2		
3		
4		
5		
6		
7		

Now some questions about non-organised physical activity...

- 9** The following questions are about **NON-ORGANISED** physical activities at school, before and after school and on weekends during the **SUMMER** school term (such as walking or cycling to and from school). **DO NOT INCLUDE SCHOOL HOLIDAYS.**

Please think about a normal week and write in the table below:

- ❖ Activities that you usually do,
- ❖ How many times each week you usually do them, and
- ❖ The usual amount of time you spend doing them.

If you do not do any non-organised activities, please write “zero” next to Activity 1.

Sport or game	Number of times per week you usually do this sport or game, including training	The usual amount of time you spend doing this activity each time you do it (you can write fractions like 1/2 hour or 2 1/4 hours)
1		
2		
3		
4		
5		
6		
7		

10 The following questions are about **NON-ORGANISED** physical activities at school, before and after school and on weekends during the **WINTER** school term (such as walking or cycling to and from school). **DO NOT INCLUDE SCHOOL HOLIDAYS.**

Please think about a normal week and write in the table below:

- ❖ Activities that you usually do,
- ❖ How many times each week you usually do them, and
- ❖ The usual amount of time you spend doing them.

If you do not do any non-organised activities, please write “zero” next to Activity 1.

If you do not do any organised activities, please write “zero” in the first row of the table.

Sport or game	Number of times per week you usually do this sport or game, including training	The usual amount of time you spend doing this activity each time you do it (you can write fractions like 1/2 hour or 2 1/4 hours)
1		
2		
3		
4		
5		
6		
7		

Thank you for completing this questionnaire.