

Lab 5A: Physical Activity Attitude Questionnaire

Name	Section	Date

Purpose: To evaluate your feelings concerning physical activity and to determine the specific reasons why you do or do not participate in regular physical activity.

Procedures:

1. Read and answer each question in the questionnaire.
2. Make an X over the circle that best represents whether you strongly agree, agree, disagree, or strongly disagree. If you are unsure place an X on undecided.
3. Write the number in the circle of your answer in the box labeled "score" provided.
4. After you have answered all questions, add the two questions for each score and record the sum of the two items in the box provided on the questionnaire.
5. Record your scores in the chart provided in the results section.
6. Determine your rating for each score and record it in the chart in the results section.
7. Count the number of ratings that were good or excellent and record this number in the box as indicated.
8. Count the number of ratings that were fair, poor, or very poor and record this number in the box as indicated.
9. Subtract the number in the second box from the one in the first box to determine your balance of feelings score.
10. Determine your balance of feelings rating and record it in the appropriate space.

The Physical Activity Attitude Questionnaire

Directions: The term *physical activity* in the following statements refers to all kinds of activities, including sports, formal exercises, and informal activities, such as jogging and cycling. Make an X over the circle that best represents your answer to each question.

	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree	
1. I should do physical activity regularly for my health.	5	4	3	2	1	Score <input style="width: 40px;" type="text"/>
2. Doing regular physical activity is good for my fitness and wellness.	5	4	3	2	1	<input style="width: 40px;" type="text"/>
Health and Fitness Score (1 + 2)						<input style="width: 60px;" type="text"/>
3. Regular exercise helps me look my best.	5	4	3	2	1	<input style="width: 40px;" type="text"/>
4. I feel more physically attractive when I do regular physical activity.	5	4	3	2	1	<input style="width: 40px;" type="text"/>
Appearance Score (3 + 4)						<input style="width: 60px;" type="text"/>
5. One of the main reasons I do regular physical activity is because it is fun.	5	4	3	2	1	<input style="width: 40px;" type="text"/>
6. The most enjoyable part of my day is when I am exercising or doing a sport.	5	4	3	2	1	<input style="width: 40px;" type="text"/>
Enjoyment Score (5 + 6)						<input style="width: 60px;" type="text"/>

	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree	Score
7. Taking part in physical activity helps me to relax.	5	4	3	2	1	<input type="text"/>
8. Physical activity helps me get away from the pressures of daily living.	5	4	3	2	1	<input type="text"/>
Relaxation Score (7 + 8)						<input type="text"/>
9. The challenge of physical training is one reason why I do physical activity.	5	4	3	2	1	<input type="text"/>
10. I like to see if I can master sports and activities that are new to me.	5	4	3	2	1	<input type="text"/>
Challenge Score (9 + 10)						<input type="text"/>
11. I like to do physical activity that involves other people.	5	4	3	2	1	<input type="text"/>
12. Exercise offers me the opportunity to meet other people.	5	4	3	2	1	<input type="text"/>
Social Score (11 + 12)						<input type="text"/>
13. Competition is a good way to make physical activity fun.	5	4	3	2	1	<input type="text"/>
14. I like to see how my physical abilities compare to others.	5	4	3	2	1	<input type="text"/>
Competition Score (13 + 14)						<input type="text"/>
15. When I do regular exercise, I feel better than when I don't.	5	4	3	2	1	<input type="text"/>
16. My ability to do physical activity is something that makes me proud.	5	4	3	2	1	<input type="text"/>
Feeling Good Score (15 + 16)						<input type="text"/>
17. I like to do outdoor activities.	5	4	3	2	1	<input type="text"/>
18. Experiencing nature is something I look forward to when exercising.	5	4	3	2	1	<input type="text"/>
Outdoor Nature Score (17 + 18)						<input type="text"/>

Results: Using the chart below record your scores as indicated in the procedures above.

Physical Activity Attitude Questionnaire Results

Attitude	Score	Rating
Health and Fitness		
Appearance		
Enjoyment		
Relaxation		
Challenge		
Social		
Competition		
Feeling Good		
Outdoor		

Rating Chart

Rating Category	Individual Scores	Balance of Feeling Score
Excellent	9-10	+5 to +9
Good	7-8	+2 to +4
Fair	5-6	0 to +1
Poor	3-4	-1 to -2
Very Poor	2	more than -2

Record the number of good and excellent ratings.

Record the number of fair, poor or very poor ratings.

Subtract the number from box 2 from the number in box 1.
This is your balance of feelings score.

Balance of Feelings Rating