

Citation : Barbosa, N., Sanchez, C.E., Vera, J.A., Perez, W., Thalabard, J.C. and Rieu, M. (2007) A physical activity questionnaire: Reproducibility and validity. *Journal of Sports Science and Medicine* 6, 505-518.

APPENDIX
(QAPACE, Quantification de l'Activite Physique en Altitude Chez le Enfants)

GENERAL INFORMATION ABOUT YOU

School:	(*)Code:
Name of the Student:	(*)Code:
Address:	Phone:
Date of Survey Grade Sex Date of Birth Age	Weight Height
dd mm yy — — — — F M dd mm yy years	— — , — — — — , — kg cm mm

DAILY ACTIVITIES

Category 1: SLEEPING

1. How many average hours do you sleep? 5 6 7 8 9 10+

Category 2: TOILET

2. How many average minutes do you spend in toilet (dressing and undressing, and showering)? 15 30 45 60+

3. How many average minutes do you spend making the bed? 15 30 45 60+

Category 3: MEALS

4. How many average minutes do you spend having breakfast? 15 30 45 60+

5. How many average minutes do you spend having lunch? 15 30 45 60+

6. How many average minutes do you spend having dinner? 15 30 45 60+

Category 4: TRANSPORTATION

7. How many average minutes do you spend going home to school? 5 15 30 45 60 75 90+

8. What kind of transportation do you use? Walking car bus bicycle motto skates other

Which other? _____

SCHOOL ACTIVITIES

Category 5: CLASSROOM

9. How many class hours do you have in classroom? 5 6 7 8+

10. How many average hours, do you spend studying or doing homework at home? 15 30 45 60 75 90 120+

Category 6: MANDATORY PHYSICAL EDUCATION

11. How many physical education hours do you have in a week? 1 2 3 4+

Codes for questions: 12-13 – 14 –15 – 16-17

<p>Choose: musical instrument.</p> <p>G - Guitar and/or Tiple P - Piano and/or Organ F - Flute B - Drums T - Trumpet O - Other</p>	<p>Choose: Sport.</p> <p>W - walk Fs - Football soccer B - Basketball V - Volleyball C - Cycling R - Running S - Skating, roller Sw - Swimming O - Other</p>
--	---

Category 7: OTHER ACTIVITIES IN SCHOOL

12. Which others activities do you do at school?

	Duration by session (min)	Weekly Frequency
	30 45 60 75 90 120+	1 2 3 4 5 6 7
Play a musical Instrument.		
Which instrument?	<input type="radio"/> G <input type="radio"/> P <input type="radio"/> F <input type="radio"/> B <input type="radio"/> T <input type="radio"/> O	
Dances	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
Chorus	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
Arts and Crafts	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
Theater	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
Sports	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
Which sport?	<input type="radio"/> W <input type="radio"/> F <input type="radio"/> B <input type="radio"/> V <input type="radio"/> C <input type="radio"/> R <input type="radio"/> S <input type="radio"/> Sw <input type="radio"/> O	Which one? _____

DURING SCHOOL PERIOD

Category 8: OUT SCHOOL ACTIVITIES

13. What activities do you do in the week when you not at school or when you arrive home? For how long? How many times a week?

	Duration by session (min)	Weekly Frequency
	30 45 60 75 90 120+	1 2 3 4 5 6 7
Watch T.V.	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
Videogames/Internet	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
Listening music	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
Reading	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
Sports	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+	<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7
Which sport?	<input type="radio"/> W <input type="radio"/> F <input type="radio"/> B <input type="radio"/> V <input type="radio"/> C <input type="radio"/> R <input type="radio"/> S <input type="radio"/> Sw <input type="radio"/> O	<input type="radio"/> 30 <input type="radio"/> 45 <input type="radio"/> 60 <input type="radio"/> 75 <input type="radio"/> 90 <input type="radio"/> 120+
Which one? _____		<input type="radio"/> 1 <input type="radio"/> 2 <input type="radio"/> 3 <input type="radio"/> 4 <input type="radio"/> 5 <input type="radio"/> 6 <input type="radio"/> 7

Category 12: COMPETITION SPORTS

17. What sport do you practice competitively? For how long? How many times a week?

	Duration by session (Hours)				Weekly Frequency						
Football	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	1	2	3	4	5	6	7
Basketball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	1	2	3	4	5	6	7
Volleyball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	1	2	3	4	5	6	7
Bicycling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	1	2	3	4	5	6	7
Swimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	1	2	3	4	5	6	7
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	1	2	3	4	5	6	7

Which one? _____

Category 13: DOMESTIC ACTIVITIES IN HOME

18. What chores do you do at home? For how long? How many times a week?

	Duration by session (min)							Weekly Frequency						
Sweeping floors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	15	30	45	60	75	90	120+	1	2	3	4	5	6	7
Vacuuming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	15	30	45	60	75	90	120+	1	2	3	4	5	6	7
Washing clothes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	15	30	45	60	75	90	120+	1	2	3	4	5	6	7
Washing dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	15	30	45	60	75	90	120+	1	2	3	4	5	6	7
Cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	15	30	45	60	75	90	120+	1	2	3	4	5	6	7
Ironing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	15	30	45	60	75	90	120+	1	2	3	4	5	6	7
Child care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	15	30	45	60	75	90	120+	1	2	3	4	5	6	7

Other 15 30 45 60 75 90 120+

Which one? _____

PLEASE DO NOT WRITE IN THIS AREA

Supervisor: _____ Code: _____ Phone: _____
 Address: _____ e-mail: _____

SUPERVISOR NOTES: