

The Leisure Time Exercise Questionnaire of Godin and Shephard

Overview:

Godin and Shephard developed a simple questionnaire to measure a person's leisure time exercise. It was designed to be reliable valid and easy to complete quickly without a need for detailed review. This can be used to monitor the impact of health and physical fitness promotion programs in the community. The authors are from the Universities of Laval and Toronto in Canada.

Questionnaire

(1) Considering a 7-day period (a week) how many times on the average do you do the following kinds of exercise **for more than 15 minutes** during your free time?

- strenuous exercise (heart beats rapidly): number of times in week
- moderate exercise (not exhausting): number of times in week
- mild exercise (minimal effort): number of times in week

(2) Considering a 7-day period (a week) during your leisure time how often do you engage in any regular activity long enough to work up a sweat (heart beats rapidly)?

- often
- sometimes
- never or rarely

Strenuous exercise (9 METS): running jogging hockey football soccer squash basketball cross country skiing judo roller skating vigorous swimming vigorous long distance bicycling.

Moderate exercise (5 METS): fast walking baseball tennis easy bicycling volleyball badminton easy swimming alpine skiing popular and folk dancing

Mild exercise (3 METS): yoga archery fishing from river bank bowling horseshoes golf snow mobiling easy walking.

activity score in arbitrary units =

= (9 * (number of strenuous exercise episodes)) + (5 * (number of moderate exercise episodes)) + (3 * (number of mild exercise episodes))

Interpretation:

- A person reporting strenuous exercise and frequent sweating episodes was likely to be thin.
- An effective exercise promotion program will result in an increase in the activity score.

References:

Godin G Shephard RJ. A simple method to assess exercise behavior in the community. Can J Applied Sport Sciences. 1985; 10: 141-146.