

Self-administered Physical Activity Checklist

SELF-ADMINISTERED PHYSICAL ACTIVITY CHECKLIST (SAPAC) AUSTRALIAN VERSION						
Section A		A6 Did you participate in physical education class yesterday? NO.....1 YES.....2				
A1 Form version 06/10/2000		A7 If yes, how many minutes long was physical education class? ____ minutes				
A2 Today's date __/__/__		A8 Did you participate in recess yesterday? NO.....1 YES.....2				
A3 Administrator's initials ____		A9 If yes, how many minutes of recess did you have? ____ minutes (recess)				
A4 School starting time __:__(24 hour clock)		____ minutes (lunch)				
A5 School ending time __:__(24 hour clock)						
Activity	B. Before school	None (N) Some (S) Most (M)	C. During school	None (N) Some (S) Most (M)	D. After school	None (N) Some (S) Most (M)
Bicycling						
Swimming laps						
Gymnastics: bars, beam, trampoline						
Exercise: pushups, situps						
Weightlifting						
Basketball						
Netball						
Cricket						
Baseball/softball						
Football (Australian Rules)						
Football (Rugby Union or Rugby League)						
Soccer						
Volleyball						
Skating: roller, rollerblade						
Hockey: field/ice						
Racquet sports						
Ball playing: downball/handball						
Active games: chase, tag						
Outdoor play: climbing trees, hide and seek						
Water play						
Martial arts						
Dance						
Outdoor chores: mowing, raking, gardening						
Indoor chores: mopping, vacuuming, sweeping						
Mixed walking/running						
Walking						
Running						
Other activities:						
	Before school			After school		
TV/video	____ hours plus ____ minutes			____ hours plus ____ minutes		
Video games and computer games	____ hours plus ____ minutes			____ hours plus ____ minutes		

Source: TD Brown, Monash University & BV Holland, RMIT University. Brown, TD & Holland, BV 2004, 'Test-retest reliability of the Self-assessed Physical Activity Checklist', *Perceptual and Motor Skills*, vol. 99, no. 3, part 2, pp. 1099-1102.