
**University of Newcastle
Faculty of Education & Arts**



Oxford Physical Activity
Questionnaire (OPAQ)

Student Name: _____

School: _____

ID: _____

**To protect your privacy this cover sheet will be removed and destroyed
once you have been allocated a study number.**

Oxford Physical Activity Questionnaire (OPAQ)

Age this year (please circle): 12 13 14 15 16 17 Other (write): _____

Gender (please circle): Boy Girl

Country of birth (please circle): Australia Another country (write country): _____

The purpose of this questionnaire is to estimate the amount of time you spent participating in physical activity over the past 7 days. This includes physical education, school sport and other moderate to vigorous physical activity you completed during the week and on the weekend.

Moderate to vigorous physical activity makes you breathe heavily and increases your heart rate. It includes all sports, exercise activities, games, swimming, running, skateboarding etc.

Please indicate the **ACTIVITY** and the **TIME** you spent doing the activity. There are a number of questions that will help you to remember, along with a list of common activities at the top of the next page. If you did not do any physical activity, please leave the table blank.

1) How do you usually travel to school? (Please circle)

Walk Cycle Bus Car Other: _____

2) How long does each journey take? (Write) _____ mins.

3) Over the past 7 days, on how many days did you walk or ride to school? (Please circle)

0 1 2 3 4 5 6

4) Over the past 7 days, on how many days did you walk or ride home from school? (Please circle)

0 1 2 3 4 5 6

Now, please record the following information on the timetable on the NEXT PAGE:

- 5) List all the practical activities that you did in PE lessons over the past 7 days (e.g. football, hockey, dance, and gymnastics).
- 6) List all the activities that you did in school sport over the past 7 days (e.g. basketball, weight training, and golf).
- 7) List any sports or activities that you did after school or on weekends over the past 7 days (e.g. soccer, cricket and dance).
- 8) List any other physical activities that you did over the past 7 days that lasted 20 minutes or longer (e.g. you might have played soccer at recess or lunchtime).

Aerobics	Cycling	Hockey	Netball	Soccer					
Athletics	Dance (ballet)	Indoor soccer	Rowing	Surfing					
Austag	Dance (ballroom)	Inline hockey	Running (jogging)	Swimming					
Baseball	Dance (jazz)	Inline skating	Rugby league	Tennis					
Basketball	Golf	Lifesaving	Rugby union	Touch football					
Cricket	Gymnastics	Martial arts	Skateboarding	Volleyball					

Participation in physical activity during the last 7 days

Component	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Activity	Mins	Activity	Mins	Activity	Mins	Activity	Mins	Activity	Mins	Activity	Mins	Activity	Mins
Before school														
Morning (including breaks)							Dance in PE	40						
Lunch time			Basketball	45										
Afternoon (including breaks)											Surfing	120	Touch football	60
After school									Soccer training	90				
Evening														

Note: Please include the number of minutes for each activity, examples have been have been provided for you.