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## Minnesota leisure-time physical activity questionnaire scoring

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De backerPosted in 1978MedicineJournal chronic diseaseSaneperioneed a questionnaire is presented to assess energy expenditure in the physical activity of leisure time (LTA), along with information about its validity. Administered by trained researchers, the Minnesota LTA questionnaire applies to use in longitudinal studies in North America of the relationship between physical activity and disease, in weight control clinics, and in other surveys in which leisure time physical activity is of interest. 1.630 REPORTS 1-10 OF 26 REPORTSORT BYRelacation Most Affected DocumentsRecency Evaluation of physical activity by questionnaire is currently the most popular and practical method of quantifying physical activity levels. Many questionnaires, past and present, looked at total or normal physical activity, which includes professional (or non-professional) activity. Others have focused specifically on leisure physical activity (LTPA) due to the recognition of its dominant contribution to the overall physical activity of developed populations. This review covers questionnaires which, in whole or in part, monitor LTPA levels. Typically, self-complete questionnaires or questionnaires managed by the interview record information about the types, frequency and duration of activities performed over a specific period of time. The energy cost values for each activity, expressed in metabolic equivalents (METS) or kilocalories, are then commonly used to estimate the total energy expenditure from activities and/or categories of activities. Validation of LTPA questionnaires had to be based on indirect methods, such as the assessment of cardiorespiratory capacity, body composition and activity calendars. The reference to the reliability of the questionnaires has often been ignored, although in the cases mentioned, there are doubts as to whether the consistency of the questionnaire or as a consequence of people's physical activity habits. Ltpa questionnaires first appeared in the literature in the mid-1960s for use in specific, predominantly middle-aged groups of the male population. Although they vary in their scoring modes, activity recall periods, and general complexity, associations were observed worldwide between physical activity levels and chronic health conditions. However, it became apparent that different questionnaires did not yield the same results. In 1978, a questionnaire was published to evaluate only LTPA, minnesota's LTPA questionnaire, and despite its substantial limitations, it has since established itself as the most popular option available. Smaller and simpler alternatives have been supported in recent years, although most have not yet been adequately tested. Associations have been found between LTPA and fitness levels, causing the use of LTPA questionnaires in large-scale fitness surveys of both adults and children. Although LTPA continued to be assessed in terms of energy expenditure, little effort has been made to expand existing knowledge about the energy costs of natural activities. Existing values do not correspond to individual tensions and fluctuations in activity between populations. As a result, standard questionnaires are not yet viable. There is considerable scope for further work with LTPA questionnaires, especially since the association between coronary heart disease and physical activity is now well recognised. Efforts should be directed at wider social groups for which leisure activity can have distinct effects. The following questionnaire section contains questions that have been used as part of DCEG or other epidemiological studies. This section has not necessarily been revised or analysed by the Technical Evaluation Committee. Please see it as a starting point that can be customized or improved as appropriate. Learn more about DCEG Questionnaire Development Resources. Questionnaire Subject: Exercise and Physical Activity Study Title: Godin Exercise Recreation Questionnaire Keywords: N/A Principal Investigator(s): C. Godin Questionnaire Type: Self-Managed Previous Year of Data Collection: 1985 Short/Long Form: Short Citation Form(s): Godin G, Shephard RJ. A simple method for assessing exercise behavior in the community. Can J Appl Sport Sci 1985;10:141-146. Gionet NJ, Godin G. Self-reported employee exercise behavior: a validity study. J Occup Med 1989;31:969-973. Download Exercise\_Godin-Leisure-time\_questionnaire (Word, 17 Back to physical activity Learn more about DCEG DCEG questionnaire development resources

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