



*Center for Kinanthropology Research  
Faculty of Physical Culture  
Palacky University in Olomouc*



***Physical activity and the  
environment***

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We would like to find out more information about your physical activity, the way that you perceive or think about your quality of life and the neighborhood you live in. Please answer the following questions about your neighborhood and yourself.

### **A. Quality of Life**

Please check one answer.

1. In general, would you say your health is:
- 1. Excellent
  - 2. Very good
  - 3. Good
  - 4. Fair
  - 5. Poor

### **B. Satisfaction with Life Scale**

Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item.

Please be open and honest in your responding. The 7-point scale is as follows:

- 1 = strongly disagree
- 2 = disagree
- 3 = slightly disagree
- 4 = neither agree nor disagree
- 5 = slightly agree
- 6 = agree
- 7 = strongly agree

- \_\_\_ 1. In most ways my life is close to my ideal.
- \_\_\_ 2. The conditions of my life are excellent.
- \_\_\_ 3. I am satisfied with my life.
- \_\_\_ 4. So far I have gotten the important things I want in life.
- \_\_\_ 5. If I could live my life over, I would change almost nothing.



### **C. Types of residences in your neighborhood**

Please circle the answer that best applies to you and your neighborhood.

1. How common are detached single-family residences in your immediate neighborhood?
- |      |       |      |      |     |
|------|-------|------|------|-----|
| 1    | 2     | 3    | 4    | 5   |
| None | A few | Some | Most | All |

2. How common are townhouses or row houses of 1-3 stories in your immediate neighborhood?

1	2	3	4	5
None	A few	Some	Most	All

3. How common are apartments or condos 1-3 stories in your immediate neighborhood?

1	2	3	4	5
None	A few	Some	Most	All

4. How common are apartments or condos 4-6 stories in your immediate neighborhood?

1	2	3	4	5
None	A few	Some	Most	All

5. How common are apartments or condos more than 6 stories in your immediate neighborhood?

1	2	3	4	5
None	A few	Some	Most	All



### D. Stores, facilities, and other things in your neighborhood

About how long would it take to get from your home to the nearest businesses or facilities listed below if you walked to them? Please put only one check mark (✓) for each business or facility.

	1-5 min	6-10 min	11-20 min	20-30 min	30+ min	don't know
<b>example: gas station</b>	1. _____	2. _____	3. <input checked="" type="checkbox"/>	4. _____	5. _____	8. _____
1. convenience/small grocery store	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
2. supermarket	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
3. hardware store	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
4. fruit/vegetable market	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
5. laundry/dry cleaners	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
6. clothing store	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
7. post office	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
8. library	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
9. elementary school	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
10. other schools	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
11. book store	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
12. fast food restaurant	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
13. coffee place	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
14. bank/credit union	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
15. non-fast food restaurant	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
16. video store	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
17. pharmacy/drug store	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
18. salon/barber shop	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
19. your job or school [check here _____ if not applicable]	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
20. bus or train stop	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
21. park	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
22. recreation center	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____
23. gym or fitness facility	1. _____	2. _____	3. _____	4. _____	5. _____	8. _____



### **E. Access to services**

Please circle the answer that best applies to you and your neighborhood. Both local and within walking distance mean within a 10-15 minute walk from your home.

1. Stores are within easy walking distance of my home.  
1                      2                      3                      4  
strongly              somewhat              somewhat              strongly  
disagree              disagree              agree              agree
2. Parking is difficult in local shopping areas.  
1                      2                      3                      4  
strongly              somewhat              somewhat              strongly  
disagree              disagree              agree              agree
3. There are many places to go within easy walking distance of my home.  
1                      2                      3                      4  
strongly              somewhat              somewhat              strongly  
disagree              disagree              agree              agree
4. It is easy to walk to a transit stop (bus, train) from my home.  
1                      2                      3                      4  
strongly              somewhat              somewhat              strongly  
disagree              disagree              agree              agree
5. The streets in my neighborhood are hilly, making my neighborhood difficult to walk in.  
1                      2                      3                      4  
strongly              somewhat              somewhat              strongly  
disagree              disagree              agree              agree
6. There are major barriers to walking in my local area that make it hard to get from place to place (for example, freeways, railway lines, rivers).  
1                      2                      3                      4  
strongly              somewhat              somewhat              strongly  
disagree              disagree              agree              agree
7. There are many canyons/hillsides in my neighborhood that limit the number of routes for getting from place to place.  
1                      2                      3                      4  
strongly              somewhat              somewhat              strongly  
disagree              disagree              agree              agree



### **F. Streets in my neighborhood**

Please circle the answer that best applies to you and your neighborhood.

1. The streets in my neighborhood do not have many cul-de-sacs (dead-end streets).  
1                      2                      3                      4  
strongly              somewhat              somewhat              strongly  
disagree              disagree              agree              agree
2. The distance between intersections in my neighborhood is usually short (100 yards or less; the length of a football field or less).  
1                      2                      3                      4

strongly  
disagree

somewhat  
disagree

somewhat  
agree

strongly  
agree

3. There are many alternative routes for getting from place to place in my neighborhood. (I don't have to go the same way every time.)

1

strongly  
disagree

2

somewhat  
disagree

3

somewhat  
agree

4

strongly  
agree



### **G. Places for walking and cycling**

Please circle the answer that best applies to you and your neighborhood.

1. There are sidewalks on most of the streets in my neighborhood.

1

strongly  
disagree

2

somewhat  
disagree

3

somewhat  
agree

4

strongly  
agree

2. Sidewalks are separated from the road/traffic in my neighborhood by parked cars.

1

strongly  
disagree

2

somewhat  
disagree

3

somewhat  
agree

4

strongly  
agree

3. There are bicycle or pedestrian trails in or near my neighborhood that are easy to get to.

1

strongly  
disagree

2

somewhat  
disagree

3

somewhat  
agree

4

strongly  
agree

4. There is a grass/dirt strip that separates the streets from the sidewalks in my neighborhood.

1

strongly  
disagree

2

somewhat  
disagree

3

somewhat  
agree

4

strongly  
agree

5. It is safe to ride a bike in or near my neighborhood.

1

strongly  
disagree

2

somewhat  
disagree

3

somewhat  
agree

4

strongly  
agree



### **H. Neighborhood surroundings**

Please circle the answer that best applies to you and your neighborhood.

1. There are trees along the streets in my neighborhood.

1

strongly

2

somewhat

3

somewhat

4

strongly

disagree

disagree

agree

agree

2. There are many interesting things to look at while walking in my neighborhood.

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

3. There are many attractive natural sights in my neighborhood (such as landscaping, views).

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

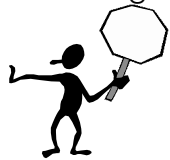
4. There are attractive buildings/homes in my neighborhood.

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree



### **G. Neighborhood safety**

Please circle the answer that best applies to you and your neighborhood.

1. There is so much traffic along nearby streets that it makes it difficult or unpleasant to walk in my neighborhood.

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

2. The speed of traffic on most nearby streets is usually slow (30 mph or less).

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

3. Most drivers exceed the posted speed limits while driving in my neighborhood.

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

4. My neighborhood streets are well lit at night.

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

5. Walkers and bikers on the streets in my neighborhood can be easily seen by people in their homes.

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

6. There are crosswalks and pedestrian signals to help walkers cross busy streets in my neighborhood.

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

7. There is a high crime rate in my neighborhood.

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

8. The crime rate in my neighborhood makes it unsafe to go on walks during the day.

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

9. The crime rate in my neighborhood makes it unsafe to go on walks at night.

1  
strongly  
disagree

2  
somewhat  
disagree

3  
somewhat  
agree

4  
strongly  
agree

**Great. You have finished the first part!**

## **INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE**

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the **vigorous** and **moderate** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

### **PART 1: JOB-RELATED PHYSICAL ACTIVITY**

The first section is about your work. This includes paid jobs, farming, volunteer work, course work, and any other unpaid work that you did outside your home. Do not include unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family. These are asked in Part 3.

1. Do you currently have a job or do any unpaid work outside your home?

Yes

No



**Skip to PART 2: TRANSPORTATION**

The next questions are about all the physical activity you did in the **last 7 days** as part of your paid or unpaid work. This does not include traveling to and from work.

2. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, heavy construction, or climbing up stairs **as part of your work**? Think about only those physical activities that you did for at least 10 minutes at a time.

\_\_\_\_\_ **days per week**

No vigorous job-related physical activity



**Skip to question 4**

3. How much time did you usually spend on one of those days doing **vigorous** physical activities as part of your work?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

4. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads **as part of your work**? Please do not include walking.

\_\_\_\_\_ **days per week**

No moderate job-related physical activity



**Skip to question 6**

5. How much time did you usually spend on one of those days doing **moderate** physical activities as part of your work?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

6. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time **as part of your work**? Please do not count any walking you did to travel to or from work.

\_\_\_\_\_ **days per week**

No job-related walking



**Skip to PART 2: TRANSPORTATION**

7. How much time did you usually spend on one of those days **walking** as part of your work?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

## **PART 2: TRANSPORTATION PHYSICAL ACTIVITY**

These questions are about how you traveled from place to place, including to places like work, stores, movies, and so on.

8. During the **last 7 days**, on how many days did you **travel in a motor vehicle** like a train, bus, car, or tram?

\_\_\_\_\_ **days per week**

No traveling in a motor vehicle



**Skip to question 10**

9. How much time did you usually spend on one of those days **traveling** in a train, bus, car, tram, or other kind of motor vehicle?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Now think only about the **bicycling** and **walking** you might have done to travel to and from work, to do errands, or to go from place to place.

10. During the **last 7 days**, on how many days did you **bicycle** for at least 10 minutes at a time to go **from place to place**?

\_\_\_\_\_ **days per week**

No bicycling from place to place



**Skip to question 12**

11. How much time did you usually spend on one of those days to **bicycle** from place to place?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

12. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time to go **from place to place**?

\_\_\_\_\_ **days per week**

No walking from place to place



**Skip to PART 3: HOUSEWORK, HOUSE  
MAINTENANCE, AND CARING FOR  
FAMILY**

13. How much time did you usually spend on one of those days walking from place to place?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

### ***PART 3: HOUSEWORK, HOUSE MAINTENANCE, AND CARING FOR FAMILY***

This section is about some of the physical activities you might have done in the **last 7 days** in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.

14. Think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, chopping wood, shoveling snow, or digging **in the garden or yard**?

\_\_\_\_\_ **days per week**

No vigorous activity in garden or yard → ***Skip to question 16***

15. How much time did you usually spend on one of those days doing **vigorous** physical activities in the garden or yard?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

16. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** activities like carrying light loads, sweeping, washing windows, and raking **in the garden or yard**?

\_\_\_\_\_ **days per week**

No moderate activity in garden or yard → ***Skip to question 18***

17. How much time did you usually spend on one of those days doing **moderate** physical activities in the garden or yard?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

18. Once again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** activities like carrying light loads, washing windows, scrubbing floors and sweeping **inside your home**?

\_\_\_\_\_ **days per week**

No moderate activity inside home → ***Skip to PART 4: RECREATION, SPORT AND LEISURE-TIME PHYSICAL ACTIVITY***

19. How much time did you usually spend on one of those days doing **moderate** physical activities inside your home?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

#### **PART 4: RECREATION, SPORT, AND LEISURE-TIME PHYSICAL ACTIVITY**

This section is about all the physical activities that you did in the **last 7 days** solely for recreation, sport, exercise or leisure. Please do not include any activities you have already mentioned.

20. Not counting any walking you have already mentioned, during the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time **in your leisure time**?

\_\_\_\_\_ **days per week**

No walking in leisure time



**Skip to question 22**

21. How much time did you usually spend on one of those days **walking** in your leisure time?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

22. Think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **vigorous** physical activities like aerobics, running, fast bicycling, or fast swimming **in your leisure time**?

\_\_\_\_\_ **days per week**

No vigorous activity in leisure time



**Skip to question 24**

23. How much time did you usually spend on one of those days doing **vigorous** physical activities in your leisure time?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**

1. Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis **in your leisure time**?

\_\_\_\_\_ **days per week**

No moderate activity in leisure time



**Skip to PART 5: TIME SPENT SITTING**

2. How much time did you usually spend on one of those days doing **moderate** physical activities in your leisure time?

\_\_\_\_\_ **hours per day**  
\_\_\_\_\_ **minutes per day**



**General information**

**Please print clearly.**

1. First name, Last name:

\_\_\_\_\_

2. Home address:

\_\_\_\_\_ Street \_\_\_\_\_ Apt/Suite

\_\_\_\_\_ City

\_\_\_\_\_ State

\_\_\_\_\_ Zip Code

3. Phone number:

4. Email: \_\_\_\_\_

5. What is your nationality: \_\_\_\_\_

6. Height: \_\_\_\_\_ centimeters

7. Weight: \_\_\_\_\_ kilograms

8. What was your highest education level completed? (please check one).

- 1. Less than 7<sup>th</sup> grade \_\_\_\_\_
- 2. Junior high/middle school \_\_\_\_\_
- 3. Some high school \_\_\_\_\_
- 4. Completed high school \_\_\_\_\_
- 5. Some college or vocational training \_\_\_\_\_
- 6. Completed college or university \_\_\_\_\_
- 7. Completed graduate degree \_\_\_\_\_

9. How many people (including yourself) live in your household? \_\_\_\_\_ people

10. How many children under 18 live in your household? \_\_\_\_\_

11. What are the ages of the children living in your household (if any)?

a) \_\_\_\_\_ b) \_\_\_\_\_ c) \_\_\_\_\_ d) \_\_\_\_\_ e) \_\_\_\_\_  
f) \_\_\_\_\_

12. a) What type of residence do you live in? (please circle one).

- 1. Single family house
- 2. Multi-family house
- 3. Apartment
- 4. Condominium/townhouse
- 5. Other \_\_\_\_\_

b) Which type of a residential area do you live in? Choose one option:

- \_\_\_\_\_ Old „core“ area (old buildings in the historic center of a town)
- \_\_\_\_\_ Traditional neighborhood (neighborhoods around the historic neighborhood center)

- \_\_\_\_ Neighborhood with prefabricated houses (apartment blocks typical for urban development in the communist era)  
\_\_\_\_ Satellite neighborhoods on the outskirts of a town (new apartment houses and family houses with gardens)

c) Which floor do you live on? \_\_\_\_\_

Is there a lift on your apartment house? \_\_\_\_\_

1. Yes \_\_\_\_\_ 0. No \_\_\_\_\_

Do you use the lift in your house? \_\_\_\_\_

1. Yes \_\_\_\_\_ 0. No \_\_\_\_\_

13. Do you rent or own your home? 1. Own/buying \_\_\_\_\_ 2. Rent \_\_\_\_\_

14. How long have you lived at your current address? \_\_\_\_\_ year(s); \_\_\_\_\_ month(s)

15. Do you have a valid driver's license? 1. Yes \_\_\_\_\_ 0. No \_\_\_\_\_ How many kilometers do you drive a year approximately? \_\_\_\_\_

16. How many drivable motor vehicles (cars, trucks, motorcycles) are there at your household? \_\_\_\_\_

17. What is your marital status? (please circle one).

1. Married
2. Widowed/divorced/separated
3. Single and never married
4. Living with partner

18. Approximate monthly household income in Czech crowns (please check one)

- |                        |                         |
|------------------------|-------------------------|
| 1. <10,000 _____       | 7. 35,000-39,000 _____  |
| 2. 10,000-14,000 _____ | 8. 40,000-59,000 _____  |
| 3. 15,000-19,000 _____ | 9. 60,000-79,000 _____  |
| 4. 20,000-24,000 _____ | 10. 80,000-99,000 _____ |
| 5. 25,000-29,000 _____ | 11. > 100,000 _____     |
| 6. 30,000-34,000 _____ |                         |

19. Are you a smoker? 1. Yes \_\_\_\_\_ 0. No \_\_\_\_\_

20. Do you own a bike? 1. Yes \_\_\_\_\_ 0. No \_\_\_\_\_ How many kilometers do you ride a year approximately? \_\_\_\_\_

21. Do you have a dog? 1. Yes \_\_\_\_\_ 0. No \_\_\_\_\_

22. How many times a week do you participate in any organized physical activity?  
\_\_\_\_\_ times/week

23. What physical activity do you participate in most regularly  
\_\_\_\_\_ and what physical activity would you like to participate  
in \_\_\_\_\_?

I do not participate in any physical activity

**Thank you for your time and effort.**

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