



## PHYSICAL ACTIVITY FORM

ID NUMBER: CONTACT YEAR: FORM CODE: 

VERSION: C 09/30/92

LAST NAME: INITIALS: 

Public reporting burden for this collection of information is estimated to average 2 minutes, including time for reviewing instructions, gathering needed information and completing and reviewing the questionnaire. If you have comments regarding this burden, please send them to Attention: PRA Reports Clearance Officer, PHS, 721-B Hubert H. Humphrey Building, 200 Independence Avenue, SW, Washington, D.C. 20201, and to the Paperwork Reduction Project (0925-0281), Office of Information and Regulatory Affairs, Office of Management and Budget, Washington, D.C. 20503.

## INSTRUCTIONS:

This form should be completed during the participant's visit. ID Number, Contact Year, and Name must be entered above. Whenever numerical responses are required, enter the number so that the last digit appears in the rightmost box. Enter leading zeroes where necessary to fill all boxes. If a number is entered incorrectly, mark through the incorrect entry with an "X". Code the correct entry clearly above the incorrect entry. For "multiple choice" and "yes/no" type questions, circle the letter corresponding to the most appropriate response. If a letter is circled incorrectly, mark through it with an "X" and circle the correct response.

## PHYSICAL ACTIVITY FORM (RPAC screen 1 of 10)

## A. WORK ACTIVITY

"Now I'm going to ask you some questions about your physical activity. We are interested in your physical activity during the past year. I'll begin by asking about your activity level at work."

1. At work do you sit: ..... Never N  
[rc 1] SeLdom L  
SoMetimes M  
Often O  
Always A  
Does not work D

Go to item 8,  
Screen 3

2. At work do you stand: ..... Never N  
[rc 1] SeLdom L  
SoMetimes M  
Often O  
Always A
3. At work do you walk: ..... Never N  
[rc 1] SeLdom L  
SoMetimes M  
Often O  
Always A

## PHYSICAL ACTIVITY FORM (RPAC screen 2 of 10)

<p>4. At work do you lift heavy loads: ..... Never N [rc 2]</p> <p>Seldom L</p> <p>SoMetimes M</p> <p>Often O</p> <p>Very often V</p>	<p>6. At work do you sweat: ..... Never N [rc 2]</p> <p>Seldom L</p> <p>SoMetimes M</p> <p>Often O</p> <p>Very often V</p>
<p>5. After working are you physically tired: ..... Never N [rc 2]</p> <p>Seldom L</p> <p>SoMetimes M</p> <p>Often O</p> <p>Very often V</p>	<p>7. In comparison with others of your own age do you think your work is physically: ..... Much lighter A [rc 3]</p> <p>Lighter B</p> <p>As heavy C</p> <p>Heavier D</p> <p>Much heavier E</p>

## PHYSICAL ACTIVITY FORM (RPAC screen 3 of 10)

<p><b>B. SPORTS</b></p> <p>8. Do you exercise or play sports? ..... Yes Y</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;">Go to Item 26, Screen 7</div> <p>..... No N</p> <p>9. Which sport or exercise do you do most frequently? ..... <span style="border: 1px solid black; display: inline-block; width: 30px; height: 20px;"></span> <span style="border: 1px solid black; display: inline-block; width: 30px; height: 20px;"></span> <span style="border: 1px solid black; display: inline-block; width: 30px; height: 20px;"></span> [Do not show list]</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">If the activity is coded, enter code and go to Item 10; if not coded, enter 499 and specify the activity below.</div> <p>a. <span style="border: 1px solid black; display: inline-block; width: 100px; height: 20px;"></span></p> <p><span style="border: 1px solid black; display: inline-block; width: 100px; height: 20px;"></span></p>	<p>10. How many hours a week do you do this activity? ..... [rc 4]</p> <p>Less than 1 A</p> <p>At least 1 but not quite 2 B</p> <p>At least 2 but not quite 3 C</p> <p>At least 3 but not quite 4 D</p> <p>4 or more E</p> <p>11. How many months a year do you do this activity? ..... [rc 5]</p> <p>Less than 1 A</p> <p>At least 1 but not quite 4 B</p> <p>At least 4 but not quite 7 C</p> <p>At least 7 but not quite 10 D</p> <p>10 or more E</p>
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## PHYSICAL ACTIVITY FORM (RPAC screen 4 of 10)

<p>12. Do you do other exercises or play other sports? ..... Yes    Y</p> <div style="border: 1px solid black; padding: 2px; display: inline-block; margin: 5px 0;">Go to Item 25, Screen 7</div> <p style="margin-left: 100px;">..... No    N</p> <p>13. What is your second most frequent sport or exercise? ..... <span style="border: 1px solid black; display: inline-block; width: 30px; height: 15px; vertical-align: middle;"></span></p> <p style="margin-left: 10px;">[Do not show list]</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;">         If the activity is coded, enter code and go to Item 14; if not coded, enter 499 and specify the activity below.       </div> <p>a. <span style="border: 1px solid black; display: inline-block; width: 100px; height: 15px; vertical-align: middle;"></span></p> <p style="margin-left: 10px;"><span style="border: 1px solid black; display: inline-block; width: 100px; height: 15px; vertical-align: middle;"></span></p>	<p>14. How many hours a week do you do this activity? [rc 4]</p> <table style="width: 100%;"> <tr><td>Less than 1</td><td style="text-align: right;">A</td></tr> <tr><td>At least 1 but not quite 2</td><td style="text-align: right;">B</td></tr> <tr><td>At least 2 but not quite 3</td><td style="text-align: right;">C</td></tr> <tr><td>At least 3 but not quite 4</td><td style="text-align: right;">D</td></tr> <tr><td>4 or more</td><td style="text-align: right;">E</td></tr> </table> <p>15. How many months a year do you do this activity? [rc 5]</p> <table style="width: 100%;"> <tr><td>Less than 1</td><td style="text-align: right;">A</td></tr> <tr><td>At least 1 but not quite 4</td><td style="text-align: right;">B</td></tr> <tr><td>At least 4 but not quite 7</td><td style="text-align: right;">C</td></tr> <tr><td>At least 7 but not quite 10</td><td style="text-align: right;">D</td></tr> <tr><td>10 or more</td><td style="text-align: right;">E</td></tr> </table>	Less than 1	A	At least 1 but not quite 2	B	At least 2 but not quite 3	C	At least 3 but not quite 4	D	4 or more	E	Less than 1	A	At least 1 but not quite 4	B	At least 4 but not quite 7	C	At least 7 but not quite 10	D	10 or more	E
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At least 4 but not quite 7	C																				
At least 7 but not quite 10	D																				
10 or more	E																				

## PHYSICAL ACTIVITY FORM (RPAC screen 5 of 10)

<p>16. Do you do other exercises or play other sports? ..... Yes    Y</p> <div style="border: 1px solid black; padding: 2px; display: inline-block; margin: 5px 0;">Go to Item 25, Screen 7</div> <p style="margin-left: 100px;">..... No    N</p> <p>17. What is your third most frequent sport or exercise? ..... <span style="border: 1px solid black; display: inline-block; width: 30px; height: 15px; vertical-align: middle;"></span></p> <p style="margin-left: 10px;">[Do not show list]</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;">         If the activity is coded, enter code and go to Item 18; if not coded, enter 499 and specify the activity below.       </div> <p>a. <span style="border: 1px solid black; display: inline-block; width: 100px; height: 15px; vertical-align: middle;"></span></p> <p style="margin-left: 10px;"><span style="border: 1px solid black; display: inline-block; width: 100px; height: 15px; vertical-align: middle;"></span></p>	<p>18. How many hours a week do you do this activity? [rc 4]</p> <table style="width: 100%;"> <tr><td>Less than 1</td><td style="text-align: right;">A</td></tr> <tr><td>At least 1 but not quite 2</td><td style="text-align: right;">B</td></tr> <tr><td>At least 2 but not quite 3</td><td style="text-align: right;">C</td></tr> <tr><td>At least 3 but not quite 4</td><td style="text-align: right;">D</td></tr> <tr><td>4 or more</td><td style="text-align: right;">E</td></tr> </table> <p>19. How many months a year do you do this activity? [rc 5]</p> <table style="width: 100%;"> <tr><td>Less than 1</td><td style="text-align: right;">A</td></tr> <tr><td>At least 1 but not quite 4</td><td style="text-align: right;">B</td></tr> <tr><td>At least 4 but not quite 7</td><td style="text-align: right;">C</td></tr> <tr><td>At least 7 but not quite 10</td><td style="text-align: right;">D</td></tr> <tr><td>10 or more</td><td style="text-align: right;">E</td></tr> </table>	Less than 1	A	At least 1 but not quite 2	B	At least 2 but not quite 3	C	At least 3 but not quite 4	D	4 or more	E	Less than 1	A	At least 1 but not quite 4	B	At least 4 but not quite 7	C	At least 7 but not quite 10	D	10 or more	E
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10 or more	E																				

## PHYSICAL ACTIVITY FORM (RPAC screen 6 of 10)

<p>20. Do you do other exercises or play other sports? ..... Yes    Y</p> <div style="border: 1px solid black; padding: 2px; display: inline-block; margin: 5px 0;">Go to Item 25, Screen 7</div> <p style="margin-left: 150px;">..... No    N</p> <p>21. What is your fourth most frequent sport or exercise? ..... <span style="border: 1px solid black; display: inline-block; width: 20px; height: 15px; vertical-align: middle;"></span> <span style="border: 1px solid black; display: inline-block; width: 20px; height: 15px; vertical-align: middle;"></span> <span style="border: 1px solid black; display: inline-block; width: 20px; height: 15px; vertical-align: middle;"></span></p> <p style="margin-left: 20px;">[Do not show list]</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;">         If the activity is coded, enter code and go to Item 22; if not coded, enter 499 and specify the activity below.       </div> <p>a. <span style="border: 1px solid black; display: inline-block; width: 100px; height: 15px; vertical-align: middle;"></span></p> <p style="margin-left: 20px;"><span style="border: 1px solid black; display: inline-block; width: 100px; height: 15px; vertical-align: middle;"></span></p>	<p>22. How many hours a week do you do this activity? [rc 4]</p> <table style="width: 100%; border: none;"> <tr><td style="width: 80%;">Less than 1</td><td style="width: 20%; text-align: right;">A</td></tr> <tr><td>At least 1 but not quite 2</td><td style="text-align: right;">B</td></tr> <tr><td>At least 2 but not quite 3</td><td style="text-align: right;">C</td></tr> <tr><td>At least 3 but not quite 4</td><td style="text-align: right;">D</td></tr> <tr><td>4 or more</td><td style="text-align: right;">E</td></tr> </table> <p>23. How many months a year do you do this activity? [rc 5]</p> <table style="width: 100%; border: none;"> <tr><td style="width: 80%;">Less than 1</td><td style="width: 20%; text-align: right;">A</td></tr> <tr><td>At least 1 but not quite 4</td><td style="text-align: right;">B</td></tr> <tr><td>At least 4 but not quite 7</td><td style="text-align: right;">C</td></tr> <tr><td>At least 7 but not quite 10</td><td style="text-align: right;">D</td></tr> <tr><td>10 or more</td><td style="text-align: right;">E</td></tr> </table>	Less than 1	A	At least 1 but not quite 2	B	At least 2 but not quite 3	C	At least 3 but not quite 4	D	4 or more	E	Less than 1	A	At least 1 but not quite 4	B	At least 4 but not quite 7	C	At least 7 but not quite 10	D	10 or more	E
Less than 1	A																				
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At least 4 but not quite 7	C																				
At least 7 but not quite 10	D																				
10 or more	E																				

## PHYSICAL ACTIVITY FORM (RPAC screen 7 of 10)

<p>24. Do you do other exercises or play other sports? ..... Yes    Y</p> <p style="margin-left: 150px;">..... No    N</p> <p><b>C. LEISURE TIME</b></p> <p>25. During leisure time would you say you play sports or exercise: ..... Never    N</p> <p style="margin-left: 20px;">[rc 2]</p> <p style="margin-left: 100px;">SeLdom    L</p> <p style="margin-left: 100px;">SoMetimes    M</p> <p style="margin-left: 100px;">Often    O</p> <p style="margin-left: 100px;">Very often    V</p>	<p>26. In comparison with others of your own age do you think your physical activity during leisure time is: ..... Much less    A</p> <p style="margin-left: 150px;">[rc 6]</p> <p style="margin-left: 100px;">Less    B</p> <p style="margin-left: 100px;">The same    C</p> <p style="margin-left: 100px;">More    D</p> <p style="margin-left: 100px;">Much more    E</p>
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## PHYSICAL ACTIVITY FORM (RPAC screen 8 of 10)

<p>27. During leisure time do you sweat: ..... Never N</p> <p style="text-align: right;">Seldom L</p> <p style="text-align: right;">SoMetimes M</p> <p style="text-align: right;">Often O</p> <p style="text-align: right;">Very often V</p> <p>28. During leisure time do you watch television: ..... Never N</p> <p style="text-align: right;">Seldom L</p> <p style="text-align: right;">SoMetimes M</p> <p style="text-align: right;">Often O</p> <p style="text-align: right;">Very often V</p>	<p>29. During leisure time do you walk: ..... Never N</p> <p style="text-align: right;">Seldom L</p> <p style="text-align: right;">SoMetimes M</p> <p style="text-align: right;">Often O</p> <p style="text-align: right;">Very often V</p> <p>30. During leisure time do you bicycle: ..... Never N</p> <p style="text-align: right;">Seldom L</p> <p style="text-align: right;">SoMetimes M</p> <p style="text-align: right;">Often O</p> <p style="text-align: right;">Very often V</p>
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## PHYSICAL ACTIVITY FORM (RPAC screen 9 of 10)

<p><b>D. OTHER ACTIVITIES</b></p> <p>31. How many minutes do you walk and/or bicycle per day to and from work or shopping? [rc 7]</p> <p>(If seasonal, give average over the past year)</p> <table style="width: 100%;"> <tr> <td style="text-align: right;">Less than 5</td> <td style="text-align: left;">A</td> </tr> <tr> <td style="text-align: right;">At least 5 but not quite 15</td> <td style="text-align: left;">B</td> </tr> <tr> <td style="text-align: right;">At least 15 but not quite 30</td> <td style="text-align: left;">C</td> </tr> <tr> <td style="text-align: right;">At least 30 but not quite 45</td> <td style="text-align: left;">D</td> </tr> <tr> <td style="text-align: right;">45 or more</td> <td style="text-align: left;">E</td> </tr> </table>	Less than 5	A	At least 5 but not quite 15	B	At least 15 but not quite 30	C	At least 30 but not quite 45	D	45 or more	E	<p>32. How many <u>flights</u> of stairs do you climb <u>up</u> each day? [One flight equals 10 steps]</p> <p style="text-align: right;"> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> flights per day         </p> <p>33. Have you done any heavy physical work in the last 12 hours? ..... Yes Y</p> <p style="text-align: right;"> <input style="border: 1px solid black; padding: 2px 10px;" type="button" value="Go to Item 34"/> No N         </p> <p>How long ago did you complete it?</p> <p style="text-align: center;">             a. <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> hours,    b. <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> minutes         </p>
Less than 5	A										
At least 5 but not quite 15	B										
At least 15 but not quite 30	C										
At least 30 but not quite 45	D										
45 or more	E										

**PHYSICAL ACTIVITY FORM (RPAC screen 10 of 10)**

<p>34. Did you do any vigorous exercise or play any vigorous sports in the last 12 hours? ..... Yes      Y</p> <p style="text-align: center;"> <span style="border: 1px solid black; padding: 2px 10px;">Go to Item 35</span> <span style="margin-left: 20px;">No      N</span> </p> <p>How long ago did you complete it?</p> <p>a. <span style="border: 1px solid black; display: inline-block; width: 30px; height: 25px; vertical-align: middle;"></span> hours,      b. <span style="border: 1px solid black; display: inline-block; width: 30px; height: 25px; vertical-align: middle;"></span> minutes</p>	<p><b>E. ADMINISTRATIVE INFORMATION</b></p> <p>35. Date of data collection: <span style="border: 1px solid black; display: inline-block; width: 30px; height: 25px; vertical-align: middle;"></span> / <span style="border: 1px solid black; display: inline-block; width: 30px; height: 25px; vertical-align: middle;"></span> / <span style="border: 1px solid black; display: inline-block; width: 30px; height: 25px; vertical-align: middle;"></span></p> <p style="text-align: center;">Month                      Day                      Year</p> <p>36. Method of data collection ..... Computer      C</p> <p style="text-align: right;">Paper form      P</p> <p>37. Code number of person completing this form: ..... <span style="border: 1px solid black; display: inline-block; width: 30px; height: 25px; vertical-align: middle;"></span> <span style="border: 1px solid black; display: inline-block; width: 30px; height: 25px; vertical-align: middle;"></span> <span style="border: 1px solid black; display: inline-block; width: 30px; height: 25px; vertical-align: middle;"></span></p>
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INSTRUCTIONS FOR PHYSICAL ACTIVITY FORM  
RPA, VERSION C, 09/30/92  
PREPARED 04/22/93

## I. GENERAL INSTRUCTIONS

The Physical Activity Form is completed during the interview portion of the participant clinic visit. The interviewer must be certified and should understand the document titled "General Instructions For Completing Paper Forms" prior to completing this form. ID Number, Contact Year, and Name are completed as described in that document. Items on the form enclosed in brackets are instructions to the interviewer, and are not stated verbally during the interview. Items in double quotes are read aloud. Skip rules are enclosed in boxes. When after a brief explanation doubt remains as to whether the participant's answer should be coded as "Yes" or "No", the answer should be recorded as "No".

## II. DETAILED INSTRUCTIONS FOR PHYSICAL ACTIVITY QUESTIONS

### A. WORK ACTIVITY

These questions pertain to work activity. Record one answer per question.

1. Show response card number 1 to the respondent. Read the response categories out loud to the participant the first time each response card is shown; it is not necessary to reread a response card that has been shown before unless the participant asks for (or needs) assistance. If the participant responds that he/she does not work, skip to question 8.
2. Show response card number 1 to the respondent.
3. Show response card number 1 to the respondent.
4. Show response card number 2 to the respondent.
5. Show response card number 2 to the respondent.
6. Show response card number 2 to the respondent. This question asks about sweating as a result of activity, not background sweating due to climate or temperature. If the participants say they sweat a lot because it is hot outside, try to get them to focus on sweat due to activity and beyond ambient conditions.
7. Show response card number 3 to the respondent.

## B. SPORTS

Note the sequencing logic of these question. If participants report not playing sports or exercising, the follow-up questions are not asked. If the response is positive, then participants are asked to report the major activities (up to four, in order of frequency) and to indicate the hours per week and months per year they do this activity.

A code list is provided for the interviewer, giving most physical activities and a corresponding three digit code. This list is not to be shown to the participant, because we do not want to prompt recall of activities. The three digit codes of the reported activities are entered in the three boxes for questions 9, 13, 17 and 21, as needed. If an activity cannot fit into one of the categories on the list, code the box 499 and specify the activity in the space provided. Interviewers should be thoroughly familiar with the code list so that the 499 code is used sparingly. Some codes, such as swimming, require additional probing to determine speed. Do not create new codes for activities not on this list. These will be assigned codes during closure activities.

In general, the hours per week reported by the participant should exclude rest time. If the reported hours seem excessive, repeat the number of hours to the participant to be certain. If the activity is seasonal, it should be averaged over the months the activity is engaged in.

The follow-up question "How many months a year do you do this activity?" will be confusing if the participant just began performing the activity. In that case, the interviewer should project for a one year period the participant's pattern of activity for the months since taking it up. For example, if the person took up an activity four months ago and has done it for three months out of four, that would project to a nine month per year pattern (assuming the activity could be done year round). Do your best to place it into a year time frame, based on current habit.

8. If the respondent answers "No" go to question 26.
9. Do not show response card or the physical activity code list.
10. Show response card number 4 to the respondent.
11. Show response card number 5 to the respondent.
12. If the respondent answers "No" go to question 25.
13. Do not show response card or the physical activity code list.
14. Show response card number 4 to the respondent.
15. Show response card number 5 to the respondent.

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16. If the respondent answers "No" go to question 25.
17. Do not show response card or the physical activity code list.
18. Show response card number 4 to the respondent.
19. Show response card number 5 to the respondent.
20. If the respondent answers "No" go to question 25.
21. Do not show response card or the physical activity code list.
22. Show response card number 4 to the respondent.
23. Show response card number 5 to the respondent.
24. Indicate if the participant does more than four sports or exercises.

#### C. LEISURE TIME

These questions pertain to leisure time activity. Leisure time is defined as time away from work. If the respondent is confused by "leisure time," you can provide this definition. Record one answer per question.

25. Show response card number 2 to the respondent.
26. Show response card number 6 to the respondent.
27. Show response card number 2 to the respondent. This question asks about sweating at leisure as a result of activity, not climate or temperature. If the participants say they sweat a lot because it is hot outside, try to get them to focus on sweat due to activity and beyond ambient conditions.
28. Show response card number 2 to the respondent.
29. Show response card number 2 to the respondent.
30. Show response card number 2 to the respondent.

#### D. OTHER ACTIVITIES

31. Show response card number 7 to the respondent. This question is limited to the total (round trip) time spent walking or bicycling from one's residence to work or shopping. It should be completed even if walking or bicycling was listed in questions 9, 13, 17 or 21. Include time walking to and from car, but, for example, don't include time at work or shopping, or time spent walking for exercise in a mall.

ARIC Visit 3: RPAC

ARIC PROTOCOL 2. Cohort Component Procedures - Visit 3. Version 4.0 10/93

32. Includes stair climbing at home, at work, or during leisure time. (This does not include climbing ladders.) If the flights of stairs the participant climbs have fewer or more than 10 steps, translate the response into 10 step flights, rounding down to the nearest whole number.
33. If the respondent answers "No," skip to question 34.
34. If the respondent answers "No," skip to question 35.

**E. ADMINISTRATIVE INFORMATION**

35. Record the date on which the interview took place using standard date format. Code in numbers using leading zeros where necessary to fill in all boxes. For example, May 3, 1993 would be entered as:

0	5	1	0	3	1	9	3
Month		Day		Year			

36. Record "C" if the form was completed on the computerized data entry system, or "P" if the paper form was used. If the form was completed partially on paper and partially on the computer, code as "paper form."
37. The clinic interviewer who administered this form must enter his/her ARIC staff code number.

## SPORTS LIST

(for use with ARIC RPAC Form)

CODE	ACTIVITY
001	Archery
002	Aqua (water) aerobics, swimnastics
003	Aerobic exercise (excluding aerobic dance, codes 82, 85)
004	Backpacking
007	Badminton
010	Baseball
013	Basketball, Game
016	Basketball, Non-Game
019	Biathlon
022	Bicycle Racing
025	Bicycling < 10 mph (Exercyclecode 350)
028	Bicycling ≥ 10 mph
031	Billiards
037	Bobsledding
040	Body Building
043	Bowling
046	Boxing
049	Broomball
052	Calisthenics (eg. pushups, situps) - moderate or high intensity
055	Canoeing < 2.6 mph
058	Canoeing in Competition
060	Carpentry/Woodworking (excludes paid job)
061	Car Racing
067	Crew
070	Cricket
073	Croquet
076	Crossbowing
079	Curling
082	Dancing, Aerobic (low to moderate); include Jazzercise
085	Dancing, Aerobic (high intensity)
088	Dancing, Ballet
091	Dancing - Jazz, Modern
094	Dancing - Ballroom and/or Square
097	Darts
100	Diving
109	Equestrian Events
112	Fencing
115	Field Hockey
118	Figure Skating
121	Fishing from Bank or Boat
124	Fishing in Stream with Wading Boots

ARIC Visit 3: RPAC

ARIC PROTOCOL 2. Cohort Component Procedures - Visit 3. Version 4.0 10/93

- 125 Floor Exercise (bending, stretching, etc.,  
low intensity)
- 127 Football, Game
- 130 Football, Non-Game
- 133 Frisbee - Competition/Games
- 136 Frisbee - Recreational
- 139 Gardening/Yard Work
- 142 Golf - using cart
- 145 Golf - walking and carrying clubs
- 146 Gutbuster/stomach exercises
- 148 Gymnastics (beam, high bar, horse, parallel  
and uneven bars, rings)
- 151 Gymnastics (floor exercise, vault)
- 154 Hackey Sack
- 157 Handball
- 160 Hang Gliding
- 163 Hiking
- 166 Hiking in the Mountains
- 169 Hiking on Flat Trail
- 172 Hockey
- 175 Horseback Riding
- 178 Horseshoes/Quoits
- 181 Hunting
- 184 Hurling
- 187 Ice Sailing
- 190 Ice Skating
- 193 Jacket Wrestling
- 196 Jai-Alai
- 199 Jogging < 6 mph
- 202 Jogging  $\geq$  6 mph
- 205 Judo
- 208 Juggling
- 211 Jujitsu
- 214 Jumping Rope
- 217 Karate
- 220 Kayaking
- 223 Kick Boxing
- 226 Lacrosse
- 229 Lawn Bowling
- 232 Luge
- 235 Mini-trampoline
- 238 Motorcross
  
- 241 Mountain Climbing
- 244 Mowing lawn with riding mower or  
walking behind power mower
- 247 Mowing lawn pushing hand mower
- 249 Nautilus machine (exercise with weight machine,  
exercise machine)
- 250 Orienteering
- 253 Paddleball
- 259 Polo

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262 Power Lifting  
 265 Racewalking  
 268 Racquetball  
 271 Roller Skating  
 274 Rowing (includes rowing machine)  
 277 Rugby  
 280 Running  $\geq$  6 mph  
 283 Running, Cross-Country  
 286 Sailing, calm waters  
 289 Sailing, rough waters  
 292 Scuba Diving  
 295 Sculling < 95 meters/min.  
 298 Sculling  $\geq$  95 meters/min.  
 301 Shoveling  
 304 Shuffleboard  
 310 Skateboarding  
 313 Ski Jumping  
 316 Skiing, Cross-Country (includes machine)  
 319 Skiing, Downhill  
 322 Sky Diving  
 325 Sledding or Tobogganing  
 328 Snorkeling  
 331 Snow Blowing/Shoveling  
 333 Snowmobiling/All terrain vehicle  
 334 Snow Shoeing  
 337 Soccer  
 340 Softball  
 343 Speed Skating  
 346 Squash  
 349 Stair Climbing (includes Stairmaster equipment)  
 350 Stationary bike/exercise bike  
 352 Surfing  
 355 Swim Recreational  
 358 Swimming, Backstroke  $\leq$  35 yds/min  
 361 Swimming, Backstroke > 35 yds/min  
 364 Swimming, Breaststroke  $\leq$  40 yds/min  
 367 Swimming, Breaststroke > 40 yds/min  
 370 Swimming, Butterfly  
 373 Swimming, Crawl  
 376 Swimming, Elementary Backstroke  
 379 Swimming, Sidestroke  $\geq$  40 yds/min  
 382 Synchronized Swimming  
 385 Table Tennis  
 388 Tae Kwon Do  
 391 Tai Chi  
 394 Team Handball  
 397 Tennis  
 400 Trampoline  
 403 Trapshooting  
 404 Treadmill walking  
 406 Unicycling  
 409 Volleyball  
 412 Walking briskly

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- 415 Walking during work break
- 418 Walking for pleasure
- 421 Walking to and from work
- 424 Water Polo
- 427 Water Skiing
- 430 Weight Lifting
- 433 Whitewater Rafting
- 436 Windsurfing
- 437 Woodcutting (splitting or chopping wood)
- 439 Wrestling
- 442 Wrist Wrestling
- 448 Yachting
- Yard Work (See Gardening)
- 451 Yoga
- 498 Health club class or exercise, not  
otherwise specified
- 499 Unspecified