

Participant code: _____

Date: _____



THE UNIVERSITY OF
MELBOURNE

Table E2 Tegner Activity Scale

Please choose one of the following which best describes your current activity level

- ☐ Level 10 Competitive Sports (Soccer, Football, Rugby (national elite))
- ☐ Level 9 Competitive Sports (Soccer, Football, Rugby (lower divisions), Hockey, Wrestling, Gymnastics)
- ☐ Level 8 Competitive Sports (Racquetball, Squash, Track and Field, Alpine Skiing)
- ☐ Level 7 Competitive Sports (Tennis, Athletics (running), Handball, Basketball, Motorcross, Cross country track)
Recreational Sports (Soccer, Football, Hockey, Squash, Athletics (jumping), Cross country track)
- ☐ Level 6 Recreational Sports (Tennis, Handball, Basketball, Alpine Skiing, Jogging 5X/week)
- ☐ Level 5 Work (Heavy Labor)
Competitive Sports (Cycling, X-country Skiing) Recreational (Jogging on uneven ground 2x/week)
- ☐ Level 4 Work (Moderately Heavy Labor (truck driving, etc))
Recreational Sports (Cycling, Cross Country Skiing, Jogging on even ground 2X/week)
- ☐ Level 3 Work (Light Labor)
Comp & Rec Sports (Swimming, Hiking, Backpacking)
- ☐ Level 2 Work (Light Labor)
Walking on uneven ground possible but impossible to backpack or hike
- ☐ Level 1 Work (Light Labor)
Walking on even ground possible
- ☐ Level 0 Sick leave or disability pension because of knee problems