



THE UNIVERSITY
of EDINBURGH

Physical Activity for Health Questionnaire

This short survey is investigating Scottish medical students' knowledge of the physical activity guidelines for different age groups and their confidence in applying these to their clinical practice.

It consists of **12 questions** and should take no longer than 5 minutes to complete.

The survey will not be assessed, please complete all questions on your own as best you can.

All responses will be reported anonymously and at a group level. Your responses will not be linked to you and will not influence your degree mark.

By ticking this box I give my consent for my anonymous responses to be used for internal and external reports and appropriate scientific outputs.

I Agree

1) Which university do you study at?

Please tick one box only:

- Edinburgh
- Aberdeen
- Dundee
- Glasgow
- St Andrews
- Other (please state):

2) Which year of training are you in?

Please tick one box only:

- 1
- 2
- intercalating
- 3
- 4
- 5

3) Advising patients about physical activity is an important part of a doctor's job:

Please tick one box only:

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Unsure

Continued....

4) I am confident I know the CMO's (Chief Medical Officer) physical activity guidelines for:

Please tick one box only:

a) Children and young people (under 19 years)

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Unsure

b) Adults (19-64 years)

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Unsure

c) Older Adults (65+ years)

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- Unsure

Continued....

5) Please complete the UK CMO physical activity guidelines for adults aged 19-64

Fill in the blank spaces:

- a) Over a week, activity should add up to at least _____ minutes of moderate intensity activity
- b) Bouts of activity should last at least : _____ minutes
- c) Alternatively, comparable benefits can be achieved through _____ minutes of vigorous intensity activity spread across the week
- d) Adults should also undertake physical activity to improve muscle strength on at least _____ days a week

- e) Which of the following is/are also stated in the guidelines for adults aged 19-64?

Please tick all that apply:

- Should be active daily
- Activities such as walking do not contribute to MVPA
- Conduct flexibility training at least 1 day per week
- Extended periods of sedentary activities should be limited
- Overweight adults should aim for short bouts of high intensity exercise to facilitate weight loss

6) In addition to following adult guidelines, older adults (aged 65+ years) should also:

Please tick all that apply:

- Be advised that any amount of physical activity is better than none, and more activity provides greater health benefits
- Refrain from physical activity in presence of chronic disease such as heart disease or arthritis
- Incorporate activities to improve balance and coordination on at least two days a week if at risk of falls
- Only engage in physical activity if they are used to exercise or used to be active
- None of the above

Continued....

7) Please complete the UK CMO physical activity guidelines for children aged 5-18

Fill in the blank spaces:

a) All children and young people should engage in “moderate to vigorous intensity” physical activity for at least _____ minutes per day

b) Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least _____ days per week

c) Which of the following is/are also included in the Guidelines for children aged 5-18?

Please tick all that apply:

- Should minimise the amount of time spent being sedentary (sitting) for extended periods
- Activities such as walking do not contribute to MVPA
- Should avoid strength training before age 16 as may stunt growth rates
- Overweight children should aim for short bouts of high intensity exercise to facilitate weight loss
- None of the above

8) Do you feel you have been adequately trained to give physical activity advice to the general population?

Please tick one box only:

- Yes
- No

9) Would you like more formal training on physical activity (epidemiology, health benefits, promotion, indications and prescriptions)?

Please tick one box only:

- Yes
- No

Continued....

10) In which settings would you like more teaching on physical activity?

Please tick all that apply:

- SSC project
 - PBL case
 - Examinable content within all relevant modules
 - Stand alone lecture(s)
 - Workshop on exercise prescription
 - Electronic resource page
 - Intercalated degree in physical activity for health
 - Other (please state):
-

11) Where have you gained your physical activity knowledge?

Please tick all that apply:

- Medical School Curriculum
 - Individual interest and reading
 - External conferences, informal teaching or presentations
 - Intercalated degree
 - Media, YouTube, internet
 - Other (please state):
-

12) How physically active would you rate yourself compared to an average university student?

Please tick one box only:

- Very
- Somewhat
- Average
- Somewhat not
- Not at all

End of Questionnaire

Thank you!