

Lab 8A The Physical Activity Adherence Questionnaire

Name

Section

Date

Purpose: To help you understand the factors that influence physical activity adherence and to see which factors you might change to improve your chances of achieving the action or maintenance level for physical activity

Procedures

- The factors that predispose, enable, and reinforce adherence to physically active living are listed below. Read each statement. Place an X in the circle under the most appropriate response for you: very true, somewhat true, or not true.
- When you have answered all of the items, determine a score by summing the four numbers for each type of factor. Then sum the three scores (predisposing, enabling, reinforcing) to get your total score.
- Record your scores in the Results section and answer the questions in the Conclusions and Implications section.

	Very True	Somewhat True	Not True	
Predisposing Factors				
1. I am very knowledgeable about physical activity.	(3)	(2)	(1)	
2. I have a strong belief that physical activity is good for me.	(3)	(2)	(1)	
3. I enjoy doing regular exercise and physical activity.	(3)	(2)	(1)	
4. I am confident of my abilities in sports, exercise, and other physical activities.	(3)	(2)	(1)	
			Predisposing Score	=
Enabling Factors				
5. I possess good sports skills.	(3)	(2)	(1)	
6. I know how to plan my own physical activity program.	(3)	(2)	(1)	
7. I have a place to do physical activity near my home or work.	(3)	(2)	(1)	
8. I have the equipment I need to do physical activities I enjoy.	(3)	(2)	(1)	
			Enabling Score	=
Reinforcing Factors				
9. I have the support of my family for doing my regular physical activity.	(3)	(2)	(1)	
10. I have many friends who enjoy the same kinds of physical activities that I do.	(3)	(2)	(1)	
11. I have the support of my boss and my colleagues for participation in activity.	(3)	(2)	(1)	
12. I have a doctor and/or an employer who encourages me to exercise.	(3)	(2)	(1)	
			Reinforcing Score	=
			Total Score (Sum 3 Scores)	=

Results: Record your scores in the “score” column. Use your score and the Physical Activity Adherence Rating Chart to determine your ratings. Record your ratings in the “rating” column below.

Physical Activity Adherence Ratings		
Adherence Category	Score	Rating
Predisposing		
Enabling		
Reinforcing		
Total		

Physical Activity Adherence Ratings Chart				
Classification	Predisposing Score	Enabling Score	Reinforcing Score	Total Score
Adherence likely	11–12	11–12	11–12	33–36
Adherence possible	9–10	9–10	9–10	25–32
Adherence unlikely	<9	<9	<9	<25

Conclusions and Implications: In several sentences, discuss your ratings from this questionnaire. Also discuss the predisposing, enabling, and reinforcing factors that you may need to alter or increase your prospects for lifetime activity.

In several sentences, discuss what type of activity you find most enjoyable (active aerobics, active recreation, or active sports). Comment on *why* you enjoy the activities that you have selected.