

Appendix 1 (selection of questions) based on the FPAQ (Philippaerts et al., 2006)

By answering the following questions, face a 'usual' week (7 days)

1. **How do you usually go to school and back home?** (indicate the right answer, you can indicate several possibilities)

O cycling

How long do you cycle from home to school per day
..... minutes

O walking

How long do you walk from home to school per day..... minutes

O by car, train, bus or motorcycle

How long does it take to travel from home to school per day
..... minutes

O by step or rollerblades

How long does it take to travel from home to school per day
..... minutes

2. **How much time is weekly provided for PE?** minutes per week

3. **In which activities do you participate?**

(indicate the right answer, you can indicate several possibilities)

- O** sports or physical activities during lunch break and playtime
- O** sports or physical activities after school hours
- O** sports or physical activities on Wednesday afternoon
- O** sports or physical activities on class- or school tournaments

4. **How much time do you spend on all these activities?** (indicate the right answer)

- | | |
|----------------------------|-------------------------------------|
| O now and then | O 2 hours per week |
| O 1 hour per month | O 3 hours per week |
| O 2 hours per month | O 4 hours per week |
| O 3 hours per month | O more than 4 hours per week |
| O 1 hour per week | |

5. **How much time per day do you use walking for transportation in leisure time during a regular weekday?** (the same repeated for cycling)

- | | |
|------------------------|--------------------------|
| O 0-10 minutes | O 50-60 minutes |
| O 10-20 minutes | O 1h-1h10 minutes |
| O 20-30 minutes | O > 1h10 minutes |
| O 30-40 minutes | |
| O 40-50 minutes | |

6. **How much time per day do you use walking for transportation in leisure time during a regular weekendday?** (the same repeated for cycling)

- | | |
|------------------------|--------------------------|
| O 0-10 minutes | O 50-60 minutes |
| O 10-20 minutes | O 1h-1h10 minutes |
| O 20-30 minutes | O > 1h10 minutes |
| O 30-40 minutes | |
| O 40-50 minutes | |

7. Give the three main sports you practiced most in leisure time.

(note: physical education and school sports do not count for your sports in leisure time)

My first sport

(the same for my second and third sport)

☐ I don't practice a sport in leisure time

☐ My first sport is:

<u>How often</u> do you practice this sport? (indicate only 1 option)	<u>How much time (hours)</u> do you spend on this sport?
<input type="radio"/> now and then hours per year
<input type="radio"/> one week per year	
<input type="radio"/> two weeks per year	
<input type="radio"/> three weeks per year	
<input type="radio"/> four weeks per year	
<input type="radio"/> one time per month hours per month
<input type="radio"/> two times per month	
<input type="radio"/> three times per month	
<input type="radio"/> one time per week hours per week
<input type="radio"/> two times per week	
<input type="radio"/> three times per week	
<input type="radio"/> four times per week	
<input type="radio"/> five times per week	
<input type="radio"/> six times per week	
<input type="radio"/> seven times per week	
<input type="radio"/> more than seven times per week	

Do you participate in organized training?

☐ yes

☐ no

Do you participate in organized competition?

☐ yes

☐ no

Thank you very much for your cooperation!!