

This is a survey for a sociology project. Please answer the questions as accurately as possible. Your responses are confidential. We appreciate your help in this project.

open 1 1. How important is physical fitness to you? Why?

v. imp = 5 *not important = 2*
only a little bit imp. = 4
handball = 3

Please record your degree of agreement with each of statements 2-7:

life 2 2. Exercising more than three times a week is necessary for a healthy lifestyle.

Strongly 5 Somewhat 4 Neutral 3 Somewhat 2 Strongly 1
 Agree Agree Disagree Disagree

feel 3 3. People who exercise regularly feel better about themselves than people who do not exercise regularly.

Strongly 4.5 Somewhat 4 Neutral 3 Somewhat 2 Strongly 1
 Agree Agree Disagree Disagree

health 4 4. People who exercise regularly tend to have fewer health problems.

Strongly 5 Somewhat 4 Neutral 3 Somewhat 2 Strongly 1
 Agree Agree Disagree Disagree

satis 5 5. I am satisfied with the amount of exercise I perform per week.

Strongly 1 Somewhat 2 Neutral 3 Somewhat 4 Strongly 5
 Agree Agree Disagree Disagree

dis 6 6. I disapprove of those who choose not to include regular exercise in their weekly routine.

Strongly 5 Somewhat 4 Neutral 3 Somewhat 2 Strongly 1
 Agree Agree Disagree Disagree

enc 7 7. I often encourage others to exercise.

Strongly 5 Somewhat 4 Neutral 3 Somewhat 2 Strongly 1
 Agree Agree Disagree Disagree

you 8 8. How do you feel about yourself while exercising?

1 I have a more negative attitude about myself while exercising.

2 My attitude about myself is unaffected while I exercise.

3 I have a more positive attitude about myself while exercising.

plan 9 9. In the coming year I plan to exercise (choose from below) than I do now.

Much 1 Somewhat 2 Same 3 Somewhat 4 Much 5
 Less Less More More

ideal 10 10. Ideally, I would like to exercise (circle below) times per week.

0 1 2 3 4 5 6 7 ⁸ more than 7

week 11 11. Last week, how many times did you exercise for 30 minutes or more?

0 1 2 3 4 5 6 7 ⁸ more than 7

month 12 12. What is the most times per week you exercised for 30 minutes or more in the last month?

0 1 2 3 4 5 6 7 ⁸ more than 7

year 13 13. What is the most times per week you exercised for 30 minutes or more in the last five years?

0 1 2 3 4 5 6 7 ⁸ more than 7

gender 14 14. What is your gender? (please circle) Male¹ Female²

age 15 15. What is your age? #

School 16 16. What is your year in school? 5 4 3 2 1
 1 2 3 4 5+

- 1 Business
- 2 Education
- 3 LE 5
- 4 Engineering
- 5 Graduate
- 6 Other

major 17 17. What is your major? _____

credit 18 18. How many credits are you taking this semester? #

work 19 19. How many hours do you work per week?

Don't work 6 1-5 hours 5 6-10 4 11-15 3 15-20 2 20+ 1