

BSA-F 3.0

English version

of the German

“Bewegungs- und Sport-Aktivitäts-Fragebogen“ (BSA-F)
[Movement and Sport Activity Questionnaire]

Preliminary remark to the English version:

*This is a validated German speaking instrument (Fuchs et al., 2015) to measure the level of **movement activities** (functional physical activities of daily living such as biking, walking, gardening, homework) and **sport activities** (health-related exercises such as jogging or fitness training and classical sports such as soccer or swimming). This is version 3 of the BSA-F.*

1	Are you employed or in training?	
<input type="checkbox"/> yes ⇒ continue with question 2		<input type="checkbox"/> no ⇒ continue with question 3

2	Your employment or your training includes...			
seated activities	<input type="checkbox"/> none	<input type="checkbox"/> rather little	<input type="checkbox"/> rather more	<input type="checkbox"/> much
moderate movements	<input type="checkbox"/> none	<input type="checkbox"/> rather little	<input type="checkbox"/> rather more	<input type="checkbox"/> much
intensive movements	<input type="checkbox"/> none	<input type="checkbox"/> rather little	<input type="checkbox"/> rather more	<input type="checkbox"/> much

3	On how many days and how long did you engage in the following activities during the last 4 weeks?		
Walking to the workplace (also part of the route)	on days during the last 4 weeks	ca. minutes per day	didn't do that <input type="checkbox"/>
Walking for shopping	on days during the last 4 weeks	ca. minutes per day	didn't do that <input type="checkbox"/>
Biking to the workplace	on days during the last 4 weeks	ca. minutes per day	didn't do that <input type="checkbox"/>
Biking for other transportation reasons	on days during the last 4 weeks	ca. minutes per day	didn't do that <input type="checkbox"/>
Going for a walk	on days during the last 4 weeks	ca. minutes per day	didn't do that <input type="checkbox"/>
Gardening (e.g., mowing the lawn, trimming hedges)	on days during the last 4 weeks	ca. minutes per day	didn't do that <input type="checkbox"/>
Strenuous homework (e.g., cleaning, tidying)	on days during the last 4 weeks	ca. minutes per day	didn't do that <input type="checkbox"/>
Strenuous care (e.g., care for the elderly)	on days during the last 4 weeks	ca. minutes per day	didn't do that <input type="checkbox"/>

4	On how many days and how long did you engage in the following activities during the last 4 weeks?		
Climbing stairs	on days during the last 4 weeks	ca. floors per day	didn't do that <input type="checkbox"/>

5	Did you engage in regular exercise or sport activities during the last 4 weeks?		
<input type="checkbox"/> yes ⇒ question 6		<input type="checkbox"/> no ⇒ question xy	

6	<p>What kind of exercise or sport activities did you perform?</p> <p>Please consider cycling here only if it is performed as a sporting activity (cycling for work and other transport purposes please enter above under question 3).</p>		
<p>Activity A</p> <p>.....</p> <p>(please note here)</p>	<p>Activity B</p> <p>.....</p> <p>(please note here)</p>	<p>Activity C</p> <p>.....</p> <p>(please note here)</p>	
<p>I performed activity A during the last 4 weeks</p> <p>about times,</p> <p>and each time for</p> <p>about minutes</p>	<p>I performed activity B during the last 4 weeks</p> <p>about times,</p> <p>and each time for</p> <p>about minutes</p>	<p>I performed activity C during the last 4 weeks</p> <p>about times,</p> <p>and each time for</p> <p>about minutes</p>	

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For more information see Fuchs, R., Klaperski, S., Gerber, M. & Seelig, H. (2015). Messung der Bewegungs- und Sportaktivität mit dem BSA-Fragebogen: Eine methodische Zwischenbilanz. Zeitschrift für Gesundheitspsychologie, 23, 60-76. DOI: 10.1026/0943-8149/a000137