

# 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"/><br>none             | <input type="checkbox"/><br>rather little | <input type="checkbox"/><br>rather more | <input type="checkbox"/><br>much |
| moderate movements  | <input type="checkbox"/><br>none             | <input type="checkbox"/><br>rather little | <input type="checkbox"/><br>rather more | <input type="checkbox"/><br>much |
| intensive movements | <input type="checkbox"/><br>none             | <input type="checkbox"/><br>rather little | <input type="checkbox"/><br>rather more | <input type="checkbox"/><br>much |

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

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

|  |  |  |  |
|--|--|--|--|
| 5  | <b>Did you engage in regular exercise or sport activities during the last 4 weeks?</b> |  |  |
| <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><b>Activity A</b></p> <p>.....</p> <p>(please note here)</p>   | <p><b>Activity B</b></p> <p>.....</p> <p>(please note here)</p>   | <p><b>Activity C</b></p> <p>.....</p> <p>(please note here)</p>   |  |
| <p>I performed activity <b>A</b><br/>during the <b>last 4 weeks</b></p> <p>about ..... times,</p> <p>and each time for</p> <p>about ..... minutes</p> | <p>I performed activity <b>B</b><br/>during the <b>last 4 weeks</b></p> <p>about ..... times,</p> <p>and each time for</p> <p>about ..... minutes</p>   | <p>I performed activity <b>C</b><br/>during the <b>last 4 weeks</b></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