



# Activity Interview

*Introduction:* I'm learning about physical activities and how they have become a part of Canadian culture. Do you have a few minutes to answer some questions about the way you spend your time?

1. Where do you live? \_\_\_\_\_  
\_\_\_\_\_

2. Is this an urban area? \_\_\_\_\_ a rural area? \_\_\_\_\_

3. How far is your school or work from your home? \_\_\_\_\_

4. How do you get to school or work? \_\_\_\_\_

5. Do you or did you have physical education at school? \_\_\_\_\_ If yes, how often?  
\_\_\_\_\_

What kinds of activities do you or did you do in physical education? \_\_\_\_\_  
\_\_\_\_\_

6. Do you do any chores at home? \_\_\_\_\_ Can you give me some examples? \_\_\_\_\_  
\_\_\_\_\_

7. Do you work inside or outside the home? \_\_\_\_\_ If yes, what kind of job do you have? \_\_\_\_\_

8. Do you play any organized sports - on school or community teams? \_\_\_\_\_

If yes, which sports? \_\_\_\_\_

9. Do you take any lessons outside school - like golf, dancing, tennis? \_\_\_\_\_

If yes, which activities? \_\_\_\_\_

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10. What do you do for entertainment/fun with your friends? \_\_\_\_\_

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11. What were three things you most enjoyed doing 5 years ago?

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12. What are three things you enjoy doing now?

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13. Rate your physical activity level (compared to your peers)

	<b>Inactive</b>			<b>Very Active</b>	
	1	2	3	4	5
Five years ago	•	•	•	•	•
Now	•	•	•	•	•

14. Was physical activity important to you five years ago? \_\_\_\_\_ Yes \_\_\_\_\_ No

Why or why not? \_\_\_\_\_

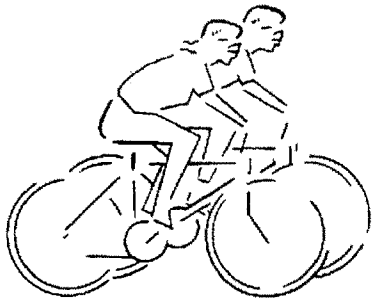
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15. Is physical activity important to you now? \_\_\_\_\_ Yes \_\_\_\_\_ No

Why or why not? \_\_\_\_\_

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THANK YOU!



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