# Anexo 1



#### Universidade de Coimbra

## Faculdade de Ciências do Desporto e Educação Física

## **Questionnaire for International University Students**

(Used with permission from Giatras, N. (2003) Department of Exercise and Health Sciences, University of Bristol, United Kingdom)

Please answer the following questions in relation to your life in Coimbra.

Sec	tion A	: About You										
A1.	Birth [	Date: [ / /	]	A2.	Gender (	circle	e): M	lale / F	emale	Э		
A3.	Marita	arital Status (circle): Single Married Divorced Widowed Coupling										
<b>A4</b> .	Facult	y:		_ <b>A5.</b> I	Departmer	nt:				_		
A6.	Master	graduate (circle s or PhD	F/T OR	P/T P/T	Year of Stu	ıdv —	→ 1 <sup>st</sup> 2	nd				rs
A7. Your country of origin:												
A8. How do you get to your Faculty? Walk Bike Car Public transport Other (e.g. roller blades) (circle all relevant)												
A9. How many times per week do you go to University? (circle) 0-1 1-2 2-3 3-4 4-5 5+												
A10. On average, how many hours do you sleep per night? [ ] hours												
Section B: Satisfaction with Life												
Directions: Below are five statements with each you may agree or disagree. Indicate your agreement with each item by placing a <b>X</b> in the appropriate box.												
	<b>SD:</b> trongly isagree	ngly Disagree Slightly		<b>N:</b> Neither Agree nor Disagree		0 .		<b>A</b> : Agree		<b>SA:</b> Strongly Agree		
						SD	D	SLD	N	SLA	Α	SA
B1.	In	most ways my	life is clo	se to m	y ideal							
B2.	Th	The conditions of my life are excelent I am satisfied with life So far I have gotten the important things I want in life										
B3.	l a											
B4.												
B5.		If I could live my life over, I would change almost nothing										

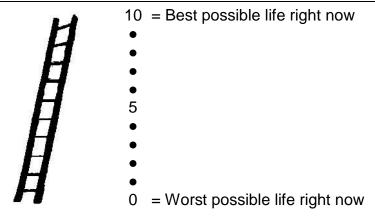
### Section C: Habitual Physical Activity

Directions: The questions below relate to your habitual physical activity. Please circle the answer which is most true of your usual physical activity.

At university I sit	Never	Seldom	Sometimes	Often	Always	
At university I stand	Never	Seldom	Sometimes	Often	Always	
At university I walk	Never	Seldom	Sometimes	Often	Always	
At university I lift heavy loads	Never	Seldom	Sometimes	Often	Always	
After university I am tired	Very Often	Often	Sometimes	Seldom	Never	
At university I sweat	Very Often	Often	Sometimes	Seldom	Never	
In comparison with others my own age I think my work is physically	Much heavier	Heavier	As heavy	Lighter	Much lighter	
Do you play sport or do exercise? (circle)	Which sp play / do					
How ma	ny hours per	week?	<1 1-2 2	2-3 3-4	>4	
	ny months a y		<1 1-2 2	2-3 3-4	>4	
If you play a second sport or do Which sport / exercise do you play / do most frequently →						
How ma	ny hours per	week?	<1 1-2 2	2-3 3-4	>4	
How ma	ny months a y	year?	<1 1-2 2	2-3 3-4	>4	
In comparison with others my age I think my physical activity during leisure time is	IVILIED	More	The same	Less	Much less	
During leisure time I sweat	Very often	Often	Sometimes	Seldom	Never	
During leisure time I play sport	t Never	Seldom	Sometimes	Often	Very often	
During leisure time I watch television	Never	Seldom	Sometimes	Often	Very often	
During leisure time I walk	Never	Seldom	Sometimes	Often	Very often	
During leisure time I cycle	Never	Seldom	Sometimes	Often	Very often	
How many minutes do you walk and/or cycle per day to and from university and/or shopping?						

#### Section D: Life Right Now

Directions: Here is a Picture of a ladder. The top represents the best possible life for you and the bottom represents the worst possible life for you. Where on the ladder do you personally stand at the present time? (Please circle)



Directions: The statements below ask about your feelings and thoughts **during the last month**. In each case, please indicate by placing a **X** in the appropriate box.

N: Never	AN: Almost Never	S: Sometimes	F <b>O</b> : Fairl	y Often	vo: '	Very O	iten	
In the last mont	th:			N	AN	S	FO	vo
that happened un			ing					
	e you felt that you v rtant things in your							
how often hav	e you felt nervous o	or "stressed"?						
problems and an		-	day					
	e you felt that you v ortant changes that		า					
how often have handle your pers		-	-					
how often hav way?	e you felt that thing	ıs were going you	r					
•	e you felt that you o lo?	could not cope wi	th all					
how often hav your life?	e you been able to	control irritations	in					
how often hav	e you felt you were	on top of things?	•					
that were outside	•		gs					
things that you h	e you found yourse ave to accomplish?	?						
spend your time								
	e you felt difficultie uld not over come t		<b>60</b>					

Please turn page

Section E: Patterns	
Exercise: is an activity that is planned, structured and repetitive and is demaintain physical fitness.	one to improve or
Which of the following BEST describes your current exercise pattern? (S	ign ONE <b>X</b> only)
I don`t exercise and I don`t intend to start	
I don't exercise but I'm thinking seriously about starting	
I exercise once-in-a-while but not regularly	
I exercise regularly but I started only recently (less than 6 months)	
I exercise regularly (for longer than 6 months)	
<b>Moderate intensity activity:</b> activities raising the heart beat e.g. brisk, jo aerobics, dancing, cycling, etc.	ogging, swimming
The current International Physical Activity Guidelines suggest that we accommutes of <b>moderate intensity activity</b> on 5 or preferably more days of the we	
Which of the following BEST describes your moderate intensity physical (Sign ONE X only)	activity pattern?
I don't accumulate at least 30 minutes of moderate intensity activity a day on 5 or more days of the week and I don't intend to	
I'm thinking seriously about accumulating 30 minutes of moderate intensity activity a day on 5 or more days of the week	
I accumulate 30 minutes of moderate intensity activity a day on 5 or more days of the week but do so only infrequently	
I regularly accumulate 30 minutes of moderate intensity activity a day on 5 or more days of the week but have only just started	
I regularly accumulate 30 minutes of moderate intensity activity a day on 5 or more days of the week and have done so for over 6 months	
Would you be interested in participating in an interview about your Coimbra? (Please circle) Yes / No	experiences in
If Yes, how can I contact you? E-mail:	
Telephone or mobile number:Is it better to call in daytim (ple	ne OR evening? ase circle)

Thank you & Best of Luck!