**Questionnaire for the assessment of**

**Physical Activity-related Health Competence (PAHCO)**

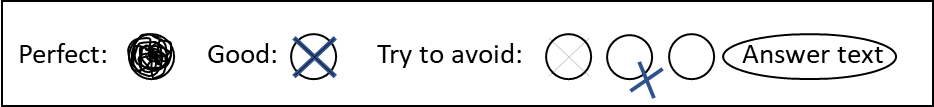
Dear study participants,

you have provided consent to participate in the study for the assessment of PAHCO. We would like to thank you in advance!

Please answer the following questions about your physical activity and health-related aspects. Please answer all questions completely. If you are unsure about a question, please choose the answer that you think applies best to you. There are no right or wrong answers.

Of course, all information will be treated confidentially without any reference to your name (see the information on data protection in the participant information).

You will need about 10 minutes to complete the questionnaire. Please use a dark, thick pencil.



Thank you for your cooperation!

**Date:** ..

**Part 1 – Movement Competence**

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| --- | --- | --- | --- | --- | --- |
| 1. To which extent do the following statements apply to you? | | | | | |
|  | I can do this **without** any problems | I have some **slight** problems | I have **moderate** problems | I have **major** problems | I **cannot** do this |
| I can maintain a **slightly** exhausting physical activity (e.g., walking, slow running or cycling), which makes me breathe a little faster, for **30 minutes** without a break. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can maintain a **slightly** exhausting physical activity (e.g., walking, slow running or cycling), which makes me breathe a little faster, for **60 minutes** without a break. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can maintain an **exhausting** physical activity (e.g., very fast walking, fast running or cycling), which makes me breathe **considerably** faster, for **10 minutes** without a break. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can maintain an **exhausting** physical activity (e.g., very fast walking, fast running or cycling), which makes me breathe **considerably** faster, for **30 minutes** without a break. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can **lift** an object that is approx. **15kg** (e.g., full beverage crate, full toolbox). | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can **lift** an object that is approx. **25kg** (e.g., full suitcase). | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can **lift** an object that is approx. **5kg**  (e.g., full shopping bag, a binder of document files) **throughout several floors**. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can **lift** an object that is approx. **15kg** (e.g., full beverage crate, full toolbox) **throughout several floors**. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |

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| 1. To which extent do the following statements apply to you? | | | | | |
|  | is **not** true |  |  |  | is **very** true |
| I can stand on one leg and reach for an object without losing balance. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can stand on tiptoes and reach for an object without losing balance. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can stand on a chair and reach for an object without losing balance. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can quickly walk downstairs with a full shopping bag without holding on to something without losing balance. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can carry a glass full of water on a tray going downstairs without spilling water and without losing balance. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |

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| 1. To which extent do the following statements apply to you? | | | | | |
|  | is **not** true |  |  |  | is **very** true |
| I have a good feeling for my posture. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I notice in a timely matter If I physically tense up during a movement. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| My muscles give me timely feedback when I should change my posture. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| My body awareness helps me in physically demanding situations. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| During strenuous activities I can use signals from my body well. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |

**Part 2 – Control Competence**

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| 1. To which extent do the following statements apply to you? | | | | | |
|  | is **not** true |  |  |  | is **very** true |
| I am able to adjust my training effort well to my physical condition. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I know how to use physical training to improve my endurance in the best possible way. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| If my muscles are tensed up, I know exactly how to counter this through physical activity. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I can use my body signals (pulse, breathing speed) very well to gauge and regulate the amount of physical load. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| If I want to enhance my health by strengthening my trunk muscles (back, stomach), I am confident that I know the right exercises to do. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I know what to pay attention to in relation to my body in order to avoid excess load or insufficient load. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |

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| 1. To which extent do the following statements apply to you? | | | | | |
|  | is **not** true |  |  |  | is **very** true |
| I am able to regulate my mood through physical activity. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| If I am feeling down, I can distract myself well through physical activity. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I am well able to improve my depressed mood by exercising. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I am well able to work off pent-up stress and inner tension through exercise. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |

**Part 3 – Self-regulation Competence**

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| 1. To which extent do the following statements apply to you? | | | | | | | | |
|  | is **not** true | |  |  | |  | is **very** true | |
| I feel capable to perform physical activities that are challenging for me. | 🞅**1** | 🞅**2** | | 🞅**3** | 🞅**4** | | | 🞅**5** |
| I feel capable to perform highly challenging physical activities. | 🞅**1** | 🞅**2** | | 🞅**3** | 🞅**4** | | | 🞅**5** |
| I feel capable to perform even the most difficult sport activities. | 🞅**1** | 🞅**2** | | 🞅**3** | 🞅**4** | | | 🞅**5** |

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| --- | --- | --- | --- | --- | --- |
| 1. To which extent do the following statements apply to you? | | | | | |
|  | is **not** true |  |  |  | is **very** true |
| If I have planned to exercise, I generally follow through on this plan. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| I stick with my plan to do exercise and am not easily distracted from that plan. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |
| When I decide to do more exercise, I am very disciplined in implementing this plan. | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. Please mark with a cross the statement, that applies best for you. | | | | | | | | |
| When I think of being physically active, I feel … | | | | | | | | |
| not relaxed | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** | 🞅**6** | 🞅**7** | very relaxed |
| not content | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** | 🞅**6** | 🞅**7** | very content |
| not happy | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** | 🞅**6** | 🞅**7** | very happy |
| not comfortable | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** | 🞅**6** | 🞅**7** | very comfortable |
| When I think about it, I believe that being physically active is … | | | | | | | | |
| not healthy | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** | 🞅**6** | 🞅**7** | very healthy |
| not reasonable | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** | 🞅**6** | 🞅**7** | very reasonable |
| not useful | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** | 🞅**6** | 🞅**7** | very useful |
| not worthwhile | 🞅**1** | 🞅**2** | 🞅**3** | 🞅**4** | 🞅**5** | 🞅**6** | 🞅**7** | very worthwhile |

**You have finished!**

**Please control once again, if you answered all questions.**

**Thank you very much for your cooperation!**