

Leisure Time Physical Activity Questionnaire for People with Spinal Cord Injury  
(LTPAQ-SCI)

*INSTRUCTIONS: I am going to ask you about the time you spent engaging in mild, moderate, and heavy intensity LTPA in the last 7 days. Leisure Time Physical Activity (LTPA) is physical activity that you choose to do during your free time, such as exercising, playing sports, gardening, and taking the dog for a walk (necessary physical activities such as physiotherapy, grocery shopping, pushing/wheeling for transportation are not considered LTPA). Please refer to the intensity chart (next page) for descriptions of what mild, moderate and heavy intensity LTPA feel like.*

1. Mild intensity LTPA requires very light physical effort; mild intensity activities make you feel like you are working a little bit, but you can keep doing them for a long time without getting tired...

During the last 7 days, on how many days did you do mild intensity LTPA? \_\_\_\_\_

On those days, how many minutes did you usually spend doing mild intensity LTPA? \_\_\_\_\_

2. Moderate intensity LTPA requires some physical effort; moderate intensity activities make you feel like you are working somewhat hard, but you can keep doing them for a while without getting tired...

During the last 7 days, on how many days did you do moderate intensity LTPA? \_\_\_\_\_

On those days, how many minutes did you usually spend doing moderate intensity LTPA? \_\_\_\_\_

3. Heavy intensity LTPA requires a lot of physical effort. Heavy intensity activities make you feel like you are working really hard, almost at your maximum. You cannot do these activities for very long without getting tired. These activities may be exhausting.

During the last 7 days, on how many days did you do heavy intensity LTPA? \_\_\_\_\_

On those days, how many minutes did you usually spend doing heavy intensity LTPA? \_\_\_\_\_

| NOTHING AT ALL | MILD | MODERATE | HEAVY |
|----------------|------|----------|-------|
|----------------|------|----------|-------|

**How hard are you working?**

|   |   |   |  |
|---|---|---|--|
| <ul style="list-style-type: none"> <li>Includes activities that even when you are doing them, you do not feel like you are working at all.</li> </ul> | <ul style="list-style-type: none"> <li>Includes physical activities that require you to do very light work. You should feel like you are working a little bit but overall you shouldn't find yourself working too hard</li> </ul> | <ul style="list-style-type: none"> <li>Includes physical activities that require some physical effort. You should feel like you are working somewhat hard but you should feel like you can keep going for a long time.</li> </ul> | <ul style="list-style-type: none"> <li>Includes physical activities that require a lot of physical effort. You should feel like you are working really hard (almost at your maximum) and can only do the activity for a short time before getting tired. These activities can be exhausting</li> </ul> |
|---|---|---|--|

**How does your body feel?**

|                        |                      |  |   |  |
|------------------------|----------------------|--|---|--|
| Breathing & Heart rate | Everything is normal | <ul style="list-style-type: none"> <li>Stays normal or is only a little bit harder and/or faster than normal</li> </ul>                                  | <ul style="list-style-type: none"> <li>Noticeably harder and faster than normal but <u>NOT</u> extremely hard or fast</li> </ul>          | <ul style="list-style-type: none"> <li>Fairly hard and much faster than normal.</li> </ul>                                     |
| Muscles                | Everything is normal | <ul style="list-style-type: none"> <li>Feel loose, warmed-up and relaxed. Feel normal temperature or a little bit warmer and not tired at all</li> </ul> | <ul style="list-style-type: none"> <li>Feel pumped and worked. Feel warmer than normal and starting to get tired after awhile.</li> </ul> | <ul style="list-style-type: none"> <li>Burn and feel tight and tense. Feel a lot warmer than normal and feel tired.</li> </ul> |
| Skin                   | Everything is normal | <ul style="list-style-type: none"> <li>Normal temperature or is only a little bit warmer and not sweaty</li> </ul>                                       | <ul style="list-style-type: none"> <li>A little bit warmer than normal and might be a little sweaty</li> </ul>                            | <ul style="list-style-type: none"> <li>Much warmer than normal and might be sweaty</li> </ul>                                  |
| Mind                   | Everything is normal | <ul style="list-style-type: none"> <li>You might feel very alert. Has no effect on concentration</li> </ul>  | <ul style="list-style-type: none"> <li>Require some concentration to complete</li> </ul>  | <ul style="list-style-type: none"> <li>Requires a lot of concentration (almost full) to complete</li> </ul>                    |