

Physical Activity Interview

Introduction

Thank you for agreeing to take part in this discussion today of physical activity among young adults. My name is _____ and I work with the University of Oklahoma Health Sciences Center.

I am interested in learning more about physical activity or leisure-time exercise among young adults ages 18 to 30. I've asked you to participate today because you have told us that you are between the ages of 18 and 30.

I'm here today to learn from you. There aren't any right or wrong answers. I want to hear your point of view. I am here today to ask questions and to listen to you.

I would like to record the discussion today because it is impossible to listen to you and take notes and we want to make sure that we don't miss anything you say. This discussion is confidential and no names will be used in our report. Is that ok?

At this time I'd like to ask that you turn your cell phone off, and not check your emails or text messages during the discussion.

Questions

Exercise Behaviors in Youth

I would like to first ask you a few questions about your physical activity or exercise habits during your lifetime. The Centers for Disease Control and Prevention (CDC) defines exercise as leisure-time physical activity that is planned, structured, and repetitive to improve or maintain physical fitness. Think about your activities from your youth to now.

1. Tell me about your history with physical activity.
 - a. Did you play sports in school? Tell me about them.
2. What types of exercises did you do in childhood? (e.g. walking, running, sports, weight lifting, swimming)
3. Some people enjoy exercise and others do not. In your youth, how did you feel about exercise?

Current Exercise Behaviors

Now I'd like to ask you questions about your current physical activity or exercise. In thinking about different activity levels, we will consider no or very little exercise as a sedentary level, up to 2 hours of light to moderate exercise per week as a moderate activity level, and more than 2 hours of light to moderate or 1.5 hours of vigorous exercise as a high activity level.

1. Tell me about the level of exercise you consider yourself to be at as an adult (sedentary, moderate, or high).
2. Tell me about the types of exercise you currently do.
 - a. How often? At a gym?
3. Has your activity level changed throughout your adulthood or stayed the same?
 - a. Tell me about the reasons your activity level has [changed / stayed the same].

Facilitators and Barriers to Exercise

4. Are you happy with your current level of physical activity or do you wish you could exercise more often? Tell me what you would like your exercise routine to look like.
5. What are the barriers or challenges in your life that keep you from being as physically active as you would like?
 - a. How does working here affect your PA?
6. What are the main reasons you exercise now or would like to exercise more?