
Physical activity

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Identifying and Definitional Attributes

Data Dictionary: NHDraftDD
Knowledgebase ID: 000446 Version number: 0
Metadata type: DATA ELEMENT CONCEPT
Admin status: DRAFT Effective date: 01-JUL-00
Definition: Physical activity may be defined as 'any bodily movement produced by skeletal muscles that results in energy expenditure'¹.

Although physical activity includes exercise, sport, active recreation, fitness, incidental activity, and active living, the majority of data collected in population surveys refer primarily to leisure time physical activity since methods used to measure other forms of physical activity are not yet well developed.

Context:

Relational and Representational Attributes

Datatype:

Administrative Attributes

Source Document: 1 Caspersen CJ, Powell KE, Christenson GM 1985. Physical activity, exercise, and physical fitness: definitions and distinctions for health related research. Public Health Reports, 100, 126-131.

Standard Questions on Leisure Time Physical Activity Participation Among Adults (1999).

United States Department of Health and Human Services 1996. The Surgeon General's Report on Physical Activity and Health. Washington: US Government Printing Office.

Source Organisation: Australian Institute of Health and Welfare (AIHW)

Data Element Links

Information Model Entities linked to this Data Element

NHIM Lifestyle characteristic

Data Agreements which include this Data Element

