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# Physical activity - intensity

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**Important note: This is an archived metadata standard from the AIHW Knowledgebase. For current metadata standards and related information please access METeOR, the AIHW's Metadata Online Registry at <http://meteor.aihw.gov.au>**

## *Identifying and Definitional Attributes*

Data Dictionary: NHDraftDD  
Knowledgebase ID: 000451                      Version number: 0  
Metadata type: DATA ELEMENT  
Registration Authority: NHDC                      Admin status: DRAFT  
Effective date: 01-JUL-00

Definition: The self-perceived and self-reported intensity at which an adult person participated in physical activity.

Context: Public health: Inadequate physical activity is a known risk factor for cardiovascular disease, diabetes, some cancers, mental illness and injury. From a public health perspective, information on duration, frequency and intensity of physical activity is required to assess if a person has participated in adequate physical activity to obtain health benefit.

Adequate physical activity for health benefit can be described in terms of energy expenditures (eg, in the United States and Canada). The Expert Working Group on Measurement of Physical Activity has found current methods of assessing energy expenditures to be inadequate. Thus, members of the Expert Working Group are currently developing new methods.

Generally, to obtain health benefit, physical activity at a moderate (at least) intensity is required. Participation in vigorous physical activities confers even greater health benefits than does participation in more moderate activity.

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## *Relational and Representational Attributes*

Datatype: Numeric  
Representational form: CODE  
Representation layout: N  
Minimum Size: 1  
Maximum Size: 1

Data Domain:	1	None
	2	Moderate (including walking)
	3	Vigorous
	9	Not stated or unknown

Guide For Use: Moderate physical activity increases heart rate but does not necessarily make a person puff or pant. Moderate intensity activities include walking, golf, gentle swimming, social tennis, etc.

Information on walking is included as a moderate activity.

Vigorous physical activities generally make a person breathe harder or puff and pant and include activities such as jogging, cycling, aerobics, competitive tennis, hockey, etc.

Collection Methods: The recommended standard for collecting intensity information collects only leisure time physical activity, is questions 1, 3, 5, 7 in the Standard Questions on Leisure Time Physical Activity Participation Among Adults.

All questions on the Standard Questions on Leisure Time Physical Activity Participation Among Adults are answered based on self-report.

This questionnaire asks respondents participation in physical activity during the previous week. The Standard Questions on Leisure Time Physical Activity Participation Among Adults are designed for individuals aged 18 years and over.

Currently, there is no Australian instrument that collects occupational physical activity.

The Expert Working Group for the Measurement of Physical Activity are currently developing an instrument suitable for the collection of occupational physical activity.

Related metadata: is used in conjunction with Physical activity version 0  
is used in conjunction with Physical activity - context version 0  
is used in conjunction with Physical activity - duration version 0  
is used in conjunction with Physical activity - frequency version 0  
is used in conjunction with Physical activity - type version 0

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