

# Frequently Asked Questions



Active NZ survey 2022

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## Why does Sport NZ run the Active NZ survey?

Sport NZ's strategy places the participant at the centre, which requires us to have a better understanding of the wants and needs of participants, in particular tamariki and rangatahi, our children and young people. This is the first ever survey to include both tamariki and rangatahi and adults and enables us to provide better intelligence to inform decision-making across the play, active recreation and sport sector.

We have designed our survey to not only report on the level of participation, but also to grow our understanding of people's relationship with being active. 2022 is the fifth full year of data collection.

## How has the Active NZ survey changed over time?

### 2017

In December 2014, the Sport NZ Board agreed to change the way annual participation in sport and active recreation is measured. NielsenIQ successfully tendered for the research, resulting in population participation data being collected through the Active NZ survey on a continuous basis for New Zealanders aged five and upwards. The main survey was launched in January 2017 following one year of development.

Using this new approach, Sport NZ has access to robust and timely data enabling evidence-based and evidence-led decision making. The survey tracks participation trends and informs Sport NZ's strategic purpose, its investment strategy and the work Sport NZ does to increase participation. It also provides baselines and success indicators for Sport NZ's reporting requirements.

Active NZ replaces the previous Active NZ survey series (last conducted 2013/14) and the inaugural Young People survey (2011). Each year 20,000 adults and 5,000 tamariki and rangatahi are targeted on a continuous basis.

The Active NZ survey uses a Sequential Mixed Methodology approach, with separate surveys for adults and young people. A random selection of adults is contacted via the Electoral Roll, and letter invitations to respond to the survey are mailed to named individuals who can either complete the questionnaire online or the booklet provided. Adults with young people in the household ages 5-11 are asked to respond to the young people survey on their behalf. Adults with young people in the household ages 12-17 are asked to pass on a flyer provided with both the invitation letter and the survey pack for them to complete themselves.

### 2020

Due to the COVID-19 pandemic and the subsequent lockdown in 2020, the Active NZ survey was paused, and a different form of data collection was carried out. We re-contacted 37,000 adults who had agreed to take part in more research and provided their names and email addresses. Young people were captured via adults. The Active NZ cross-sectional re-contact survey had four phases of fieldwork – April 2020, June 2020, September 2020 and April 2021.

You can find the reports here: <https://sportnz.org.nz/research-and-insights/overview/active-nz-covid-19-surveys-2020/>

A report on the Effects of the first year COVID-19 pandemic on adult participation in Aotearoa can be found here: <https://sportnz.org.nz/research-and-insights/overview/active-nz-first-year-covid-19-survey-results/>

There is no Active NZ 2020 full year report, due to the pause in our regular survey.

## 2021

In 2021 we put Active NZ out to tender, subsequently appointing Kantar Public (formerly Colmar Brunton) as our new research partner for the survey. As part of the move to Kantar Public, we took the opportunity to make some changes to the survey in how it is run and the questionnaire itself - to review and shorten the questionnaire length.

## 2022

Changes to Active NZ that went live in January 2022:

Area	Previous	Now
Questionnaire review/length		Recent analysis carried out on the previous questionnaire has informed a review and subsequent refresh of the questionnaire. The survey length has been reduced to 20 minutes for adults and 17 minutes for young people. Both questionnaires are attached below. (Young People p.5-42, Adults p.43-84)
Data collection approach	SMM (Sequential Mixed Method) whereby all adults (18+) could complete the survey either online or via paper questionnaire	<p>SMM (Sequential Mixed Method) used for adults aged 50-plus, with online completion only for ages 18-49.</p> <p>Data collection approaches modified to better align with how certain age groups are responding to Active NZ.</p> <p>This is to future proof and save costs as over time there has been a move to more online completion. Paper completion increases with increasing age.</p> <p>Over time the ratio of online responses compared with paper completes has changed. Responses are now 75% online compared with 60% in 2017.</p>
Rangatahi incentivisation	Rangatahi who completed the survey were entered into a quarterly prize draw for one of 10 x \$50 Prezzy cards	To improve response rates from rangatahi, for January-March, we tested the effectiveness of an additional incentive (either a \$10 or \$20 e-gift card, alongside their entry into the prize draw). Based on data from Jan and Feb we can see that it had a strong impact on the response rate of rangatahi aged 12-17 and from quarter two have implemented a \$20 conditional incentive into the survey.
Contact materials		To help improve response rates, the look and feel/ design and copy within contact materials (the postcard invite,

follow up reminders etc.) has been optimised. Some examples below.

If you have any questions, please email [activenz@sportnz.org.nz](mailto:activenz@sportnz.org.nz).

### Examples of 2022 contact materials



**Active NZ** National Participation Survey 2022

**\$500** Prezzy® card up for grabs!



**SPORT NEW ZEALAND** IHI AOTEAROA  
**Te Kāwanatanga o Aotearoa** New Zealand Government

**Is there someone in your household aged 12 to 17?**

We want to hear their views as well.

They will receive a \$20 e-gift card. Plus there are 10 x \$50 Prezzy® cards up for grabs.



**SPORT NEW ZEALAND** IHI AOTEAROA  
**Te Kāwanatanga o Aotearoa** New Zealand Government

Kantar Public, PO Box 6621, Victoria Street West, Auckland 1142



**KANTAR PUBLIC**

New Zealand  
Permit No. 5596



If this person does not live at this address please help us by crossing out the address and sending it back by writing 'return to sender' on the front of this envelope. Alternatively contact us on 0508 787 839 or [activenz@kantar.com](mailto:activenz@kantar.com)



Take part in  
an important  
survey for your chance to  
win a \$500 Prezzy® card



Kantar Public, PO Box 6621, Victoria Street West, Auckland 1142

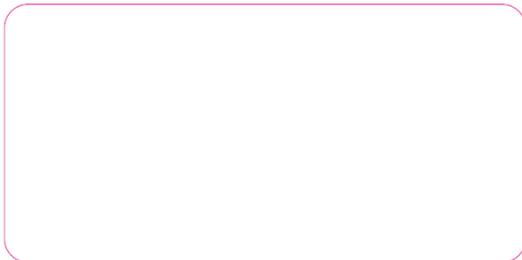


**KANTAR PUBLIC**

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Join thousands of others who are  
taking part in the Active NZ survey



## Active NZ Young People Survey Q1 2022

**B001 - B001: INTRO BLOCK**

**Begin block**

**Q007 - Q60: Hidden question Autocode**

**Single coded**

[Not back | Dummy](#)

Dummy Autocode

**Normal**

- |   |                                |
|---|--------------------------------|
| 1 | From Child code (age 12-17)    |
| 2 | From Adult hardcopy (age 5-11) |
| 3 | From Adult online (age 5-11)   |

**Q008 - Q60a: ChildAgeDummy**

**Single coded**

[Not back | Dummy](#)

holds texts for whether they are answering questions on behalf (5-11 year-old) or for themselves (12-17 year-old)

**Normal**

- |   |          |
|---|----------|
| 1 | you      |
| 2 | < name > |

**Q085 - HardCopyNumber: NUMBER OF CHILDREN IF COMPLETING AFTER ADULT HARDCOPY**

**Numeric**

[Not back | Min = 0 | Max = 0](#)

Thank you for completing the survey for your children aged 5-11 years old. It is important we understand their physical activity as well. These questions should take just 10-15 minutes and you will go into the draw to win a \$1,000 Prezzy Card!

How many children aged 5-11 are in your household?

Ask only if **Q007 - Q60,3**

**Q015 - Q61: ChildBehalfIntro**

**Text**

[Not back](#)

You said earlier that you had [insert number from adult survey Q5] children aged 5-11 in your household. We would like to ask some questions on behalf of one of your children in this age group, as it is important we understand their physical activity as well. These questions should take just 8-10 minutes and you will go into the draw to win a \$1,000 Prezzy Card!

To make the survey easier for you to answer please insert below the name and age of each of your children aged 5-11...

Ask only if **Q007 - Q60,2**

**Q016 - Q62: ChildBehalfIntroHardCopy**

**Text**

[Not back](#)

Thank you for completing the survey for your children aged 5-11 years old. It is important we understand their physical activity as well. These questions should take just 10-15 minutes and you will go into the draw to win a \$1,000 Prezzy Card!

To make the survey easier for you to answer please insert below the name and age of each of your children aged 5-11...

**Q017 - ChildNameDummy: Child Name Dummy Variable**

Single coded

[Not back | Dummy](#)

holds text for the child's name they are answering questions for

**Normal**

1 &lt; Child Name &gt;

Ask only if Q007 - Q60,2,3

**Q018 - Pre\_Q2: Intro Child Behalf**

Text

[Not back](#)

For this part of the survey we have randomly selected a child for you to complete the survey on behalf of. We would like you to complete the survey on behalf of **[ChildNameDummy]**.

We encourage you to check in with **[ChildNameDummy]** if you are uncertain how they would answer and if possible do the questionnaire together.

Ask only if Q007 - Q60,1

**Q019 - Pre\_Q2a: Intro Young Person**

Text

[Not back](#)

This survey is about the physical activity you do for sport, Physical Education (PE), exercise or fun. It could include anything you do at school, in your neighbourhood or at home like athletics, football, rugby, netball, biking, running/jogging, skateboarding and playing. There are no wrong answers. Please answer all the questions as best you can, and tell us what you really think and do.

If you need help answering any questions please ask your parent/caregiver.  
 To begin, click on the 'Next' button below. As you move through the survey, please use the buttons at the bottom of each screen.  
 Do not use your browser buttons.  
 You can do the survey all in one go, or log in again to continue from where you left off

**B001 - B001: INTRO BLOCK**

End block

**B002 - B002: Core**

Begin block

**Q020 - hq2: Q2. AGE OF RESPONDENT**

Single coded

[Not back](#)

How old [are you / is [ChildNameDummy]]?

**Normal**

- 1 5 years old
- 2 6 years old
- 3 7 years old
- 4 8 years old
- 5 9 years old
- 6 10 years old
- 7 11 years old
- 8 12 years old
- 9 13 years old
- 10 14 years old
- 11 15 years old
- 12 16 years old
- 13 17 years old
- 14 18 years or over

Ask only if **Q020 - hq2,14**

**Q021 - SCROUT: Over 18**

Text

[Not back](#)

Thank you for taking the time to start this survey. Unfortunately this survey is only for those aged 12 – 17.

Default next item **END OF QUESTIONNAIRE**

Ask only if **Q007 - Q60,3** and **Q020 - hq2,8,9** or **Q007 - Q60,1** and **Q020 - hq2,1,2,3,4,5,6,7,8,9**

**Q022 - Q66: Consent**

Single coded

[Not back](#)

I confirm that I have my parent/caregiver's consent to complete this survey (they gave the flyer to me to do the survey).

*If you are not sure please ask them now.*

[Normal](#)

1 Yes, I have consent

**Q023 - q3: Q3. YEAR AT SCHOOL**

Single coded

[Not back](#)

What year [are you / is [ChildNameDummy] in at school?

[Normal](#)

- 1 Year 0 / New Entrants
- 2 Year 1
- 3 Year 2
- 4 Year 3
- 5 Year 4
- 6 Year 5
- 7 Year 6
- 8 Year 7
- 9 Year 8
- 10 Year 9
- 11 Year 10
- 12 Year 11
- 13 Year 12
- 14 Year 13
- 15 [I am / [ChildNameDummy] is > no longer at school

Ask only if **Q023 - q3,1,2,3,4,5,6,7,8,9,10,11,12,13,14**

**Q024 - Q67:**

Single coded

[Not back](#)

Do [you / does [ChildNameDummy] go to a Māori Medium school?

*This could include a Kura Tuatahi, a Kura Arongatahi, or a Wharekura.*

[Normal](#)

- 1 Yes
- 2 No
- 3 Does not go to school

## Q025 - Q4: TRANSPORT TO AND FROM SCHOOL

Multi coded

Not back | Min = 1

How &amp;lt;do you / does [ChildNameDummy] usually get to and from school?

Normal

- |     |                                       |
|-----|---------------------------------------|
| 1   | Walk                                  |
| 2   | Bike                                  |
| 3   | Skateboard, scooter or rollerblading  |
| 4   | Car, van or motorbike                 |
| 5   | Bus, train or ferry                   |
| 6   | Run                                   |
| 8   | Home schooled / correspondence school |
| 996 | Other, please specify: *Open *Fixed   |

## Q026 - QSI: NUMBER OF DAYS SPENT BEING PHYSICALLY ACTIVE FOR A TOTAL OF AT LEAST 60 MINUTES PER DAY?

Single coded

Not back

Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, school activities, playing with friends, or walking to school. Some examples of physical activity are running, walking quickly, playing tag, cycling, kilikiti, dancing, kapa haka, skateboarding, scootering, swimming, football, and going to the gym. For the next question, add up all the time [you spend/[ChildNameDummy] spends] in physical activity each day.

Over the past 7 days (**not including today**), on how many days [were you/was [ChildNameDummy] physically active for a total of at least 60 minutes per day?

Normal

- |   |        |
|---|--------|
| 1 | 0 days |
| 2 | 1 day  |
| 3 | 2 days |
| 4 | 3 days |
| 5 | 4 days |
| 6 | 5 days |
| 7 | 6 days |
| 8 | 7 days |

## Q027 - preQ12: Q12 INTRO

Text

Not back

About the physical activity [you have / [ChildNameDummy] has] done in the last **7 days (not including today)**

## Q028 - Q12: Q12. PHYSICAL ACTIVITY IN LAST 7 DAYS - OVERALL KPI (BEFORE ACTIVITY LIST)

Single coded

Not back

In the last **7 days (not including today)** [have you/has [ChildNameDummy] done any **physical activity** specifically for sport, Physical Education (PE), exercise or fun?

Normal

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

## Q029 - Q13: ACTIVITY LIST - NO

Multi coded

Not back | Min = 1

Just confirming that [you have/ [ChildNameDummy] has] not done any of the activities shown below. If this is correct please tick "Nothing in the last 7 days", otherwise please tick **all** the ways &lt;you/&lt;name&gt;&gt; have been **physically active** for sport, PE, exercise or fun in the last **7 days (not including today)**.

*[IF CODE 60 = 1] This could have been at school, in your neighbourhood or at home. Please don't include any coaching or umpiring. Some people may find it tricky to remember what they have done in the last 7 days. It may help to remember by thinking about the activities you do, where you do them or what you have done day by day.*

*[IF CODE 60 = 2/3] This could have been at school, in your neighbourhood or at home. Please don't include any coaching or umpiring that [ChildNameDummy] has done.  
Please select all that apply*

Random

2	Running or jogging
3	Cross-country
4	Tramping or bush walks
1	Walking for fitness
5	Triathlon or duathlon
6	Cycling or biking
7	Mountain biking
8	Skateboarding
9	Scootering
10	Rollerblading
11	Athletics or track and field
12	Workout (weights or cardio)
13	Group exercise class (e.g. aerobics, CrossFit, Jump Jam)
14	Indoor climbing
15	Gymnastics (e.g. rhythmic, artistic)
16	Dance/dancing (e.g. ballet, hip hop etc)
17	Cheerleading
18	Swimming
55	Surf Life saving
19	Surfing
20	Bodyboarding or boogie boarding
21	Rowing
22	Canoeing or kayaking
23	Sailing or yachting
24	Fishing
25	Water polo or Flippa Ball
26	Rugby or Rippa Rugby
27	Rugby league
28	Touch
29	Kī-o-rahi
52	Kapa haka
30	Netball
31	Basketball or Mini-ball
32	Cricket
33	Football/soccer
34	Futsal
56	Handball
35	Hockey or floorball
36	Badminton
37	Volleyball or Kiwi Volley
38	Golf
39	Tennis
40	Table tennis
41	Softball or T-ball
42	Adventure racing
43	Orienteering
44	Skiing
45	Snowboarding
46	Karate
47	Waka ama
48	Games (e.g. four square, tag, bull rush, dodgeball)
53	Playing on playground (e.g. jungle gym)
57	Playing (e.g. running around, climbing trees, make-believe)
54	Horse riding (e.g. Pony club)
49	Ultimate Frisbee

50	Parkour	
51	Trampoline	
58	Something else? What was it?	<i>*Open *Fixed</i>
59	Something else? What was it?	<i>*Open *Fixed</i>
60	Something else? What was it?	<i>*Open *Fixed</i>
998	Nothing in the last 7 days	<i>*Fixed *Exclusive</i>

Ask only if Q028 - Q12,1

Q030 - Q13a: ACTIVITY LIST - YES

Multi coded

[Not back](#) | Min = 1

Please tick **all** the ways [you have/ChildNameDummy] has] been **physically active** for sport, PE, exercise or fun in the last **7 days (not including today)**.

*[IF CODE 60 = 1] This could have been at school, in your neighbourhood or at home. Please don't include any coaching or umpiring. Some people may find it tricky to remember what they have done in the last 7 days. It may help to remember by thinking about the activities you do, where you do them or what you have done day by day.*

*[IF CODE 60 = 2/3] This could have been at school, in your neighbourhood or at home. Please don't include any coaching or umpiring that [ChildNameDummy] has done.  
Please select all that apply*

[Random](#)

2	Running or jogging
3	Cross-country
4	Tramping or bush walks
1	Walking for fitness
5	Triathlon or duathlon
6	Cycling or biking
7	Mountain biking
8	Skateboarding
9	Scootering
10	Rollerblading
11	Athletics or track and field
12	Workout (weights or cardio)
13	Group exercise class (e.g. aerobics, CrossFit, Jump Jam)
14	Indoor climbing
15	Gymnastics (e.g. rhythmic, artistic)
16	Dance/dancing (e.g. ballet, hip hop etc)
17	Cheerleading
18	Swimming
55	Surf Life saving
19	Surfing
20	Bodyboarding or boogie boarding
21	Rowing
22	Canoeing or kayaking
23	Sailing or yachting
24	Fishing
25	Water polo or Flippa Ball
26	Rugby or Ripa Rugby
27	Rugby league
28	Touch
29	Kī-o-rahi
52	Kapa haka
30	Netball
31	Basketball or Mini-ball
32	Cricket
33	Football/soccer
34	Futsal
56	Handball
35	Hockey or floorball
36	Badminton
37	Volleyball or Kiwi Volley
38	Golf
39	Tennis
40	Table tennis
41	Softball or T-ball
42	Adventure racing
43	Orienteering
44	Skiing
45	Snowboarding
46	Karate
47	Waka ama
48	Games (e.g. four square, tag, bull rush, dodgeball)
53	Playing on playground (e.g. jungle gym)
57	Playing (e.g. running around, climbing trees, make-believe)
54	Horse riding (e.g. Pony club)
49	Ultimate Frisbee

50	Parkour	
51	Trampoline	
58	Something else? What was it?	
61	Something else? What was it?	<i>*Open *Fixed</i>
59	Nothing in the last 7 days	
62	Something else? What was it?	<i>*Open *Fixed</i>
63	Something else? What was it?	<i>*Open *Fixed</i>
998	Nothing in the last 7 days	<i>*Fixed *Exclusive</i>

Normal

2	Running or jogging
3	Cross-country
4	Tramping or bush walks
1	Walking for fitness
5	Triathlon or duathlon
6	Cycling or biking
7	Mountain biking
8	Skateboarding
9	Scootering
10	Rollerblading
11	Athletics or track and field
12	Workout (weights or cardio)
13	Group exercise class (e.g. aerobics, CrossFit, Jump Jam)
14	Indoor climbing
15	Gymnastics (e.g. rhythmic, artistic)
16	Dance/dancing (e.g. ballet, hip hop etc)
17	Cheerleading
18	Swimming
55	Surf Life saving
19	Surfing
20	Bodyboarding or boogie boarding
21	Rowing
22	Canoeing or kayaking
23	Sailing or yachting
24	Fishing
25	Water polo or Flippa Ball
26	Rugby or Rippa Rugby
27	Rugby league
28	Touch
29	Kī-o-rahi
52	Kapa haka
30	Netball
31	Basketball or Mini-ball
32	Cricket
33	Football/soccer
34	Futsal
56	Handball
35	Hockey or floorball
36	Badminton
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38	Golf
39	Tennis
40	Table tennis
41	Softball or T-ball
42	Adventure racing
43	Orienteering
44	Skiing
45	Snowboarding
46	Karate
47	Waka ama
48	Games (e.g. four square, tag, bull rush, dodgeball)
53	Playing on playground (e.g. jungle gym)
57	Playing (e.g. running around, climbing trees, make-believe)

- 54 Horse riding (e.g. Pony club)
- 49 Ultimate Frisbee
- 50 Parkour
- 51 Trampoline

**Q031 - Q16: WHERE OR HOW RESPONDENTS PARTICIPATED IN PHYSICAL ACTIVITY IN THE LAST 7 DAYS**

Multi coded

[Not back](#) | **Min = 1**

Where or how did [you / [ChildNameDummy]] do **[insert activity]** in the **last 7 days**?

Please select all that apply

**Normal**

- 1 In PE or class at school
- 2 In a competition or tournament
- 3 Training or practising with a coach / instructor
- 4 Playing or hanging out with family or friends
- 5 Playing on [my / their] own
- 6 For extra exercise, training or practice without a coach / instructor
- 7 [I have / [Name] has] not done this in the last 7 days *\*Exclusive*

**Q037 - Q16b: TIME SPENT DOING EACH ACTIVITY IN THE LAST 7 DAYS**

Matrix

**Not back | Number of rows: 6 | Number of columns: 25**

About how many minutes did &lt;you/[ChildNameDummy] spend doing [insert activity] in the last 7 days (not including today) when...?

**Rows: Normal | Columns: Normal**

**Rendered as Dynamic Grid**

	About 15 minutes	About 30 minutes	About 45 minutes	About 1 hour	About 1.5 hours	About 2 hours	About 3 hours	About 4 hours	About 5 hours	About 6 hours	About 7 hours	About 8 hours	About 9 hours	About 10 hours	About 11 hours	About 12 hours	About 13 hours	About 14 hours	About 15 hours	About 16 hours	..
In PE or class at school	<input type="radio"/>																				
In a competition or tournament	<input type="radio"/>																				
Training or practising with a coach / instructor	<input type="radio"/>																				
Playing or hanging out with family or friends	<input type="radio"/>																				
Playing on [my / their] own	<input type="radio"/>																				
For extra exercise , training or practice without a coach / instructor	<input type="radio"/>																				

There are more than 20 columns in this question, but only 20 columns will be shown

**B004 - Activity\_Loop: Loop of location and duration of each activity**

**End repeater block**

Ask only if Q020 - hq2,11,12,13

**Q034 - Q63: PHYSICALLY ACTIVE HOURS IN PREVIOUS 7 DAYS**

Numeric

**Not back | Min = 0 | Max = 0**

In total in the last 7 days (not including today) how many hours did [you / **[ChildNameDummy]**] spend being physically active for sport, PE, exercise or fun?

Please think only about those physical activities done for at least 10 minutes at a time. Please make your best estimate. Please enter the amount of time using up to two decimal places (for example a quarter of an hour would be '0.25' or half an hour would be 0.5)

Rows use mentioned answers from Q030 - Q13a

**Q036 - Q17: LOCATIONS FOR PHYSICAL ACTIVITY (BY ACTIVITY)**

Matrix

[Not back](#) | [Number of rows: 63](#) | [Number of columns: 6](#)

Where [have you / has [ChildNameDummy]] done each of these in the last **7 days (not including today)**?

[Rows: Normal](#) | [Columns: Normal, Multi-Select](#)

[Rendered as Dynamic Grid](#)

	At school or in the school grounds	At home	Outdoor facilities (e.g. playground, park, field, AstroTurf, or outdoor pool)	Indoor facilities (e.g. gym, community hall, church, marae or indoor pool)	Other outdoor locations (e.g. beach, lake, bush, footpath)	Somewhere else? Please tell us where:
Running or jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cross-country	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tramping or bush walks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking for fitness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triathlon or duathlon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cycling or biking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mountain biking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skateboarding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scootering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rollerblading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Athletics or track and field	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workout (weights or cardio)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Group exercise class (e.g. aerobics, CrossFit, Jump Jam)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Indoor climbing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gymnastics (e.g. rhythmic, artistic)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dance/dancing (e.g. ballet, hip hop etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheerleading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Surf Life saving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Surfing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bodyboarding or boogie boarding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rowing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canoeing or kayaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sailing or yachting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fishing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water polo or Flippa Ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rugby or Ripa Rugby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rugby league	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Touch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kī-o-rahi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kapa haka	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Netball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Basketball or Mini-ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cricket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Football/soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Futsal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Handball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hockey or floorball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Badminton	<input type="checkbox"/>					
Volleyball or Kiwi Volley	<input type="checkbox"/>					
Golf	<input type="checkbox"/>					
Tennis	<input type="checkbox"/>					
Table tennis	<input type="checkbox"/>					
Softball or T-ball	<input type="checkbox"/>					
Adventure racing	<input type="checkbox"/>					
Orienteering	<input type="checkbox"/>					
Skiing	<input type="checkbox"/>					
Snowboarding	<input type="checkbox"/>					
Karate	<input type="checkbox"/>					
Waka ama	<input type="checkbox"/>					
Games (e.g. four square, tag, bull rush, dodgeball)	<input type="checkbox"/>					
Playing on playground (e.g. jungle gym)	<input type="checkbox"/>					
Playing (e.g. running around, climbing trees, make-believe)	<input type="checkbox"/>					
Horse riding (e.g. Pony club)	<input type="checkbox"/>					
Ultimate Frisbee	<input type="checkbox"/>					
Parkour	<input type="checkbox"/>					
Trampoline	<input type="checkbox"/>					
Piped from: Question "29:Q13", answer "58:Something else? What was it?"	<input type="checkbox"/>					
Piped from: Question "29:Q13", answer "59:Something else? What was it?"	<input type="checkbox"/>					
Piped from: Question "30:Q13a", answer "61:Something else? What was it?"	<input type="checkbox"/>					
Piped from: Question "29:Q13", answer "60:Something else? What was it?"	<input type="checkbox"/>					
Piped from: Question "30:Q13a", answer "62:Something else? What was it?"	<input type="checkbox"/>					
Piped from: Question "30:Q13a", answer "63:Something else? What was it?"	<input type="checkbox"/>					

**Q038 - Q22: WOULD LIKE TO BE DOING MORE PHYSICAL ACTIVITY**

Single coded

**Not back**

Would [you / [ChildNameDummy]] like to be doing more physical activity for sport, PE, exercise or fun than what [you / they] do now?]

**Normal**

- 1 Yes - [I / they] would like to be doing more
- 2 No

**Q039 - Q23: BARRIERS TO PARTICIPATION FOR THOSE THAT DO WANT TO BE DOING MORE PHYSICAL ACTIVITY**

Multi coded

[Not back](#) | [Min = 1](#)

Why [are you / is [ChildNameDummy] not doing as much physical activity as [you / they] would like?

You can select more than one reason.

**Normal**

- 1 Too hard to get to training, games or competitions
- 2 No places nearby to do what I want to do
- 3 [I don't / Doesn't] have the equipment I need
- 4 [My family / Family] can't afford it
- 5 [I'm / Is] too tired / don't have the energy
- 6 It's too hard to motivate [myself / themselves]
- 7 [I'm / Is] not fit enough
- 8 [I am / Is] injured
- 13 [I'm not / Not] confident enough
- 15 [I / they] don't want to fail
- 16 [My / Their] school doesn't offer physical activities [I'm / they're] interested in
- 18 (only show to those at school) PE / fitness classes at school are not fun
- 19 Not enough PE offered at school
- 20 [My parents / We] want [me / them] to focus on [my / their] schoolwork / other activities
- 21 [My / Their] friends aren't physically active
- 23 [I have / Has] no one to do it with / [I have / Has] no one to do physical activity with
- 25 [I don't / Doesn't] like other people seeing [me / them] being physically active
- 26 [I prefer / Prefers] to do other things
- 29 The weather
- 30 Can't fit it in with other family member's activities
- 32 PE / fitness classes at school are not fun
- 33 Too busy
- 996 Another reason, please tell us why: *\*Open \*Fixed*

**Q040 - Q23a: BARRIERS TO PARTICIPATION FOR THOSE THAT DO NOT WANT TO BE DOING MORE PHYSICAL ACTIVITY**

Multi coded

[Not back](#) | [Min = 1](#)

Why [do you / does [ChildNameDummy] not want to do more than [you / they] are currently doing?

You can select more than one reason.

**Normal**

- 1 Too hard to get to training, games or competitions
- 2 No places nearby to do what I want to do
- 3 [I don't / Doesn't] have the equipment I need
- 4 [My family / Family] can't afford it
- 5 [I'm / Is] too tired / don't have the energy
- 6 It's too hard to motivate [myself / themselves]
- 7 [I'm / Is] not fit enough
- 8 [I am / Is] injured
- 13 [I'm not / Not] confident enough
- 15 [I / they] don't want to fail
- 16 [My / Their] school doesn't offer physical activities [I'm / they're] interested in
- 18 (only show to those at school) PE / fitness classes at school are not fun
- 19 Not enough PE offered at school
- 20 [My parents / We] want [me / them] to focus on [my / their] schoolwork / other activities
- 21 [My / Their] friends aren't physically active
- 23 [I have / Has] no one to do it with / [I have / Has] no one to do physical activity with
- 25 [I don't / Doesn't] like other people seeing [me / them] being physically active
- 26 [I prefer / Prefers] to do other things
- 29 The weather
- 30 Can't fit it in with other family member's activities
- 32 PE / fitness classes at school are not fun
- 33 Too busy
- 34 [I / They] already do already do a good amount of physical activity \*Open \*Fixed
- 35 [I am / They are] not interested in sport or physical activity \*Open \*Fixed
- 996 Another reason, please tell us why: \*Open \*Fixed

Ask only if Q038 - Q22,1

**Q045 - Q25N: WHICH ACTIVITIES WOULD YOU LIKE TO TRY OR DO MORE OF?**

Multi coded

[Not back](#) | [Min = 1](#)

Which activities would you/ [ChildNameDummy] like to try or do more of?

[Random](#)

2	Running or jogging
3	Cross-country
4	Tramping or bush walks
1	Walking for fitness
5	Triathlon or duathlon
6	Cycling or biking
7	Mountain biking
8	Skateboarding
9	Scootering
10	Rollerblading
11	Athletics or track and field
12	Workout (weights or cardio)
13	Group exercise class (e.g. aerobics, CrossFit, Jump Jam)
14	Indoor climbing
15	Gymnastics (e.g. rhythmic, artistic)
16	Dance/dancing (e.g. ballet, hip hop etc)
17	Cheerleading
18	Swimming
55	Surf Life saving
19	Surfing
20	Bodyboarding or boogie boarding
21	Rowing
22	Canoeing or kayaking
23	Sailing or yachting
24	Fishing
25	Water polo or Flippa Ball
26	Rugby or Ripa Rugby
27	Rugby league
28	Touch
29	Kī-o-rahi
52	Kapa haka
30	Netball
31	Basketball or Mini-ball
32	Cricket
33	Football/soccer
34	Futsal
56	Handball
35	Hockey or floorball
36	Badminton
37	Volleyball or Kiwi Volley
38	Golf
39	Tennis
40	Table tennis
41	Softball or T-ball
42	Adventure racing
43	Orienteering
44	Skiing
45	Snowboarding
46	Karate
47	Waka ama
48	Games (e.g. four square, tag, bull rush, dodgeball)
53	Playing on playground (e.g. jungle gym)
57	Playing (e.g. running around, climbing trees, make-believe)
54	Horse riding (e.g. Pony club)
49	Ultimate Frisbee

50	Parkour	
51	Trampoline	
996	Something else? What was it?	<i>*Open *Fixed</i>
999	Don't know	<i>*Fixed *Exclusive</i>

Use mentioned answers from **Q045 - Q25N**

**Q046 - Q25: WHICH ACTIVITIES WOULD YOU LIKE TO TRY OR DO MORE OF?**

Single coded

[Not back](#)

If you/ [ChildNameDummy] had to choose just **one** physical activity to try or do more of, which one would it be?

[Random](#)

2	Running or jogging
3	Cross-country
4	Tramping or bush walks
1	Walking for fitness
5	Triathlon or duathlon
6	Cycling or biking
7	Mountain biking
8	Skateboarding
9	Scootering
10	Rollerblading
11	Athletics or track and field
12	Workout (weights or cardio)
13	Group exercise class (e.g. aerobics, CrossFit, Jump Jam)
14	Indoor climbing
15	Gymnastics (e.g. rhythmic, artistic)
16	Dance/dancing (e.g. ballet, hip hop etc)
17	Cheerleading
18	Swimming
55	Surf Life saving
19	Surfing
20	Bodyboarding or boogie boarding
21	Rowing
22	Canoeing or kayaking
23	Sailing or yachting
24	Fishing
25	Water polo or Flippa Ball
26	Rugby or Ripa Rugby
27	Rugby league
28	Touch
29	Kī-o-rahi
52	Kapa haka
30	Netball
31	Basketball or Mini-ball
32	Cricket
33	Football/soccer
34	Futsal
56	Handball
35	Hockey or floorball
36	Badminton
37	Volleyball or Kiwi Volley
38	Golf
39	Tennis
40	Table tennis
41	Softball or T-ball
42	Adventure racing
43	Orienteering
44	Skiing
45	Snowboarding
46	Karate
47	Waka ama
48	Games (e.g. four square, tag, bull rush, dodgeball)
53	Playing on playground (e.g. jungle gym)
57	Playing (e.g. running around, climbing trees, make-believe)
54	Horse riding (e.g. Pony club)
49	Ultimate Frisbee

50	Parkour	
51	Trampoline	
996	Something else? What was it?	*Open *Fixed
999	Don't know	*Fixed *Exclusive

Ask only if **Q020 - hq2,11,12,13** and **Q028 - Q12,1** or **Q029 - Q13,998** or **Q030 - Q13a,998**

**Q047 - Q95: MUSCLE STRENGTHENING 15-17**

Single coded

**Not back**

In the last **7 days (not including today)**, did you do muscle strengthening activities on at least **3 days**?

Muscle strengthening activity could include skipping, jumping, weights, sports like football, tennis, rugby, waka ama and exercises like push-ups, pull-ups, sit-ups.

**Normal**

1	Yes
2	No
999	Don't know *Fixed *Exclusive

Ask only if **Q020 - hq2,8,9,10,11,12,13** and NOT **Q030 - Q13a,998**

**Q049 - Q27: WHETHER HAD ANY COACHING OR INSTRUCTION OUTSIDE OF PE CLASS IN THE LAST 7 DAYS**

Multi coded

**Not back | Min = 1**

In the last **7 days (not including today)** have you had any **coaching or instruction** for the physical activity you have done for sport, PE, exercise or fun outside of PE or classes at school?

Please tick all that apply to you

**Normal**

1	Yes - one on one training (just me and the coach)
2	Yes - in a group/ team
3	Yes - online (e.g. YouTube, websites, videos, apps)
4	Yes - from books or magazines
5	No - I have not had any coaching or instruction

Ask only if NOT **Q030 - Q13a,59,998** and **Q020 - hq2,8,9,10,11,12,13**

**Q048 - Q28: WHETHER USED ANY TECHNOLOGY TO MEASURE/HELP PHYSICAL ACTIVITY IN LAST 7 DAYS**

Single coded

**Not back**

In the last **7 days (not including today)** have you used any **technology** (Fitbits, smartphone apps, pedometers etc.) when you have been **physically active** for sport, PE, exercise or fun?

**Normal**

1	Yes
2	No

**Q050 - Q29: SCHOOL OR CLUB SPORTS TEAM MEMBERSHIP IN LAST 12 MONTHS  
- At school**

Single coded

**Not back**

In the last **12 months**, how many (if any) sports teams, or recreation clubs/groups have [you/ [ChildNameDummy]] been in **at school**?

*This could include things like soccer, mini-ball, karate, kapa haka, netball.*

**Normal**

- |   |                              |
|---|------------------------------|
| 1 | None                         |
| 2 | 1 team/club/group            |
| 3 | 2 teams/clubs/groups         |
| 4 | 3 teams/clubs/groups         |
| 5 | 4 or more teams/clubs/groups |

**Q051 - q29b: SCHOOL OR CLUB SPORTS TEAM MEMBERSHIP IN LAST 12 MONTHS - Outside of school**

Single coded

**Not back**

And how many [have you/ has [ChildNameDummy]] been in **outside of school**?

*This could include things like soccer, mini-ball, karate, kapa haka, netball.*

**Normal**

- |   |                              |
|---|------------------------------|
| 1 | None                         |
| 2 | 1 team/club/group            |
| 3 | 2 teams/clubs/groups         |
| 4 | 3 teams/clubs/groups         |
| 5 | 4 or more teams/clubs/groups |

**Q052 - Q35: PARTICIPATION IN EVENTS IN THE LAST 12 MONTHS**

Multi coded

**Not back | Min = 1**

In the last **12 months**, have [you / [ChildNameDummy]] taken part in any of these events where **lots of people** take part?

Please exclude any sports tournaments.

**Normal**

- |     |  |
|-----|--|
| 1   | Triathlon / duathlon events (e.g. Weet-Bix Triathlon)                            |
| 2   | Running / walking events (anything up to 10ks e.g. fun runs)                     |
| 3   | Endurance running/ walking events (anything longer than 10ks e.g. half marathon) |
| 4   | Biking events (e.g. The Kids' Bike Jam)  |
| 5   | Fishing events (e.g. Take a Kid Fishing)   |
| 6   | Swimming events (e.g. Ocean Swims)   |
| 7   | Kapa haka events/competitions  |
| 8   | Waka ama events  |
| 996 | Another event, what was this? *Open *Fixed                                       |
| 998 | I have not taken part in any of these events *Fixed *Exclusive                   |

Ask only if Q020 - hq2,8,9,10,11,12,13

**Q055 - Q36b: VOLUNTEERING OUTSIDE OF SCHOOL IN THE LAST 7 DAYS**

Multi coded

**Not back | Min = 1**

And have you done any of these roles in the last **7 days (not including today)** outside of PE or classes at school?

Please tick all that apply to you

**Normal**

- 1 Coach or assistant coach
- 2 Official (e.g. referee, umpire, scorer)
- 3 Team manager or assistant manager
- 4 Club administrator
- 5 Helper (e.g. ball boy or ball girl)
- 6 Lifeguard
- 7 Team captain
- 8 Activity leader (e.g. Kapa Haka leader)
- 9 Event organiser for a physical activity or event

Ask only if Q020 - hq2,8,9,10,11,12,13

**Q053 - Q36: VOLUNTEERING OUTSIDE OF SCHOOL IN THE LAST 12 MONTHS**

Multi coded

**Not back | Min = 1**

In the last **12 months**, have you done any of the following roles for any physical activities that you do outside of PE or classes at school?

Please tick all that apply to you

**Normal**

- 1 Coach or assistant coach
- 2 Official (e.g. referee, umpire, scorer)
- 3 Team manager or assistant manager
- 4 Club administrator
- 5 Helper (e.g. ball boy or ball girl)
- 6 Lifeguard
- 7 Team captain
- 8 Activity leader (e.g. Kapa Haka leader)
- 9 Event organiser for a physical activity or event
- 998 No - I have not done any of these in the last 12 months *\*Fixed \*Exclusive*

Ask only if Q020 - hq2,8,9,10,11,12,13,14

**Q054 - Q37: VOLUNTEERING OUTSIDE OF SCHOOL IN THE NEXT 12 MONTHS**

Single coded

**Not back**

Are you going to do any of the roles above in the next 12 months?

**Normal**

- 1 Yes - definitely
- 2 Yes - maybe
- 3 No

**Q056 - Intro02: ATTITUDES TOWARD PHYSICAL ACTIVITY**

Text

**Not back**

**[You / [ChildNameDummy]'s attitudes towards physical activity**

The next few questions are about what **[you think or feel / [ChildNameDummy] thinks or feels]**. Some people enjoy being physically active for sport, PE, exercise or fun, while others like doing different things. Please tell us how **[you feel and what you think / [ChildNameDummy] thinks and feels]**. There are no wrong answers.

[Not back](#) | [Number of rows: 22](#) | [Number of columns: 5](#)

How much do [you / [ChildNameDummy]] agree or disagree with each statement.

[Rows: Random](#) | [Columns: Normal](#)

[Rendered as Dynamic Grid](#)

	Disagree a lot	Disagree a little	Neither disagree or agree	Agree a little	Agree a lot
I like / liked / [NAME] likes/liked] PE or fitness classes at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People in [my / their] life encourage [me / them] to take part in physical activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I / They] like to do the physical activities that [my / their] friends do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I / they] love challenging [myself / themselves] and trying to win	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I like / [name] likes] being physically active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I / They] like [my / their] parents/family to be involved in [my / their] sport and physical activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I / They] find electronic games more exciting to play than the real life ones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I like / [name] likes] school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prefer physical activities that allow me to follow my own schedule rather than someone else's	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prefer to do physical activity that is more flexible and less structured	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I am / [name] is] good at lots of different physical activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I have / [name] has] the chance to do the physical activities [I / they] want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I want / [name] wants] to take part in physical activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I understand / [name] understands why taking part in physical activity is good for [me / them]	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I feel confident / [name] feels confident] to take part in lots of different activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I think / [name] being physically is active fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I choose physical activity that suits my mood at the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being physically active makes [me / [name]] feel good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I have / [name] has] support in my community to do the physical activities [I / they] want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I have / [name] has] access to spaces and places where [I / they] can do the physical activities [I / they] want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I am / They are] satisfied with the quality of spaces and places to be active in [my / their] community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sports and other physical activities give [me / [NAME]] confidence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q058 - Q39b: ATTITUDES TOWARDS SPORT**

Matrix

[Not back](#) | [Number of rows: 9](#) | [Number of columns: 5](#)

The next few statements are about sport rather than other physical activity. How much do [you/ [ChildNameDummy]] agree or disagree with each statement.

[Rows: Random](#) | [Columns: Normal](#)

[Rendered as Dynamic Grid](#)

	Disagree a lot	Disagree a little	Neither disagree or agree	Agree a little	Agree a lot
[I am / name] is] good at sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to represent my country or region	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy watching, listening to and reading about sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel proud when New Zealand athletes or sports teams do well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like playing sport with a team	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Successful NZ athletes or sports teams [make me / makes [name]] want to be more physically active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
[I enjoy / [name] enjoys] playing sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have learned many essential life skills through playing sport (e.g. teamwork and cooperation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
New Zealand athletes and sports teams make good role models	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Ask only if **Q007 - Q60,1**

**Q076 - q117: Q117. TRUST**

Matrix

[Not back](#) | [Number of rows: 3](#) | [Number of columns: 6](#)

'Integrity issues' refers to a range of things, including abusive, unethical or dishonest behaviour, and concerns around inclusivity and safety

How much do you trust, or not, the following?

Please answer on a scale of 1 to 5, where 1 = no trust at all, and 5 = complete trust

[Rows: Normal](#) | [Columns: Normal](#)

[Rendered as Dynamic Grid](#)

	1 = No trust at all	2	3	4	5 = Complete trust	Don't know *Fixed *Exclusive
Organisations involved in play, active recreation and sport in New Zealand to handle integrity issues appropriately and effectively	<input type="radio"/>					
New Zealand's athletes and teams to act with integrity	<input type="radio"/>					
New Zealand's high performance sports coaches and managers to act with integrity	<input type="radio"/>					

Ask only if Q007 - Q60,1

Q077 - qHP0: QHP0. ENGAGEMENT - INTEREST

Single coded

Not back

The next questions are about all high performance sport anywhere in the world, including New Zealand. High performance sport is all forms of sport that are played at the nationally representative and international levels. It includes things like Olympic and Paralympic athletes, national teams (e.g. All Blacks, the Silver Ferns, Fijian sevens team), and professional teams (e.g. Manchester United, the LA Lakers, or Wellington Pulse).

For the next few questions, we want you to think **about high performance athletes and sports teams**, how interested would you say you are in **high performance athletes or sports teams**?

Normal

- 1 Not at all interested
- 2 Slightly interested
- 3 Moderately interested
- 4 Very interested

Ask only if Q007 - Q60,1

Q078 - qHP11: QHP11. 7 DAY BEHAVIOUR

Matrix

Not back | Number of rows: 7 | Number of columns: 9

Thinking about the different ways in which you follow **high performance sport**, in the last seven days how many times have you?

Rows: Normal | Columns: Normal

Rendered as Dynamic Grid

	0 times	1	2	3	4	5	6	7	8+ times
Read about it in the newspaper	<input type="radio"/>								
Attended a professional sports event	<input type="radio"/>								
Used social media to follow it	<input type="radio"/>								
Watched it live on television or another device	<input type="radio"/>								
Listened to it on the radio	<input type="radio"/>								
Started conversations with others about it	<input type="radio"/>								
Watched replays of it or shows/programmes about it on television or another device	<input type="radio"/>								

Ask only if Q007 - Q60,1

**Q079 - q39b1: Q39B. HIGH PERFORMANCE TEAMS**

Matrix

**Not back | Number of rows: 3 | Number of columns: 6**

Still thinking just about New Zealand high performance athletes and teams in general. Remember, this includes things like Olympic and Paralympic athletes, national teams (e.g. All Blacks), and professional teams (e.g. Wellington Pulse netball team, the New Zealand Breakers basketball team). How much do you agree or disagree with the following statements?

*Please select one answer for each of the 3 statements*

**Rows: Random | Columns: Normal**

**Rendered as Dynamic Grid**

	Disagree a lot	Disagree a little	Neither disagree or agree	Agree a little	Agree a lot	Don't know <i>*Fixed *Exclusive</i>
New Zealand athletes and teams compete in the way that I expect them to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
New Zealand athletes and teams achieve the success that I would expect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
New Zealand athletes and teams compete to the best of their ability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q080 - qHP4: QHP4.**

Matrix

**Not back | Number of rows: 3 | Number of columns: 10**

How strongly do you feel the following?

*Please answer on a scale of 1 to 10, where 1 = not at all, and 10 = very strongly.*

**Rows: Random | Columns: Normal**

**Rendered as Dynamic Grid**

	1 = Not at all	2	3	4	5	6	7	8	9	10 = Very strongly
I feel a sense of belonging to New Zealand when New Zealand athletes and teams compete	<input type="radio"/>									
I feel inspired by New Zealand athletes and teams	<input type="radio"/>									
I feel proud of New Zealand athletes or sports teams	<input type="radio"/>									

Ask only if Q007 - Q60,1

**Q081 - qHP20: QHP20. FOLLOWING OF HIGH PERFORMANCE SPORT**

Matrix

**Not back | Number of rows: 18 | Number of columns: 5**

The next question asks about how closely you follow specific New Zealand high performance sports. To follow a sport means to watch it on television, listen to it on the radio, follow it on social media, or attend live events to watch.

How closely do you follow these high performance sports when New Zealand competes internationally?

*Please answer on a scale of 1 to 5, where 1 = do not follow, and 5 = follow closely.*

**Rows: Random | Columns: Normal**

**Rendered as Dynamic Grid**

	Do not follow (1)	2	3	4	Follow closely (5)
Rowing	<input type="radio"/>				
Cycling	<input type="radio"/>				
Yachting	<input type="radio"/>				
Athletics	<input type="radio"/>				
Canoe Racing	<input type="radio"/>				
Snow Sports	<input type="radio"/>				
Equestrian	<input type="radio"/>				
Rugby sevens	<input type="radio"/>				
Paralympics	<input type="radio"/>				
Rugby Union	<input type="radio"/>				
Basketball	<input type="radio"/>				
Football	<input type="radio"/>				
Netball	<input type="radio"/>				
Hockey	<input type="radio"/>				
Tennis	<input type="radio"/>				
Cricket	<input type="radio"/>				
Rugby League	<input type="radio"/>				
Another high performance sport	<input type="radio"/>				

**Q084 - OtherHPS: OTHER HIGH PERFORMANCE SPORT FOLLOWED**

Open

**Not back**

You mentioned you follow another high performance sport. Which high performance sport is this?

Ask only if Q020 - hq2,11,12,13

**Q059 - Q77: WHETHER RESPONDENT CURRENTLY BELONGS TO A GYM OR FITNESS CENTRE**

Single coded

[Not back](#)

Do you currently belong to a gym or fitness centre?

**Normal**

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**Q060 - Q48: SATISFACTION WITH LIFE**

Single coded

[Not back](#) | [Handle as scale](#)

On a scale from 1 to 10, where 1 is very unhappy and 10 is very happy, in general how happy &lt;are you / is [ChildNameDummy]?

**Normal**

- |    |                  |
|----|------------------|
| 1  | 1 - Very unhappy |
| 2  | 2                |
| 3  | 3                |
| 4  | 4                |
| 5  | 5                |
| 6  | 6                |
| 7  | 7                |
| 8  | 8                |
| 9  | 9                |
| 10 | 10 - Very happy  |

Ask only if Q007 - Q60,1

**Q083 - qYW1: QYW1. AWARENESS OF YOUNG WOMENS CAMPAIGN**

Single coded

[Not back](#)

In the last **7 days** have you seen or heard anything supporting/promoting young women to be physically active?

**Normal**

- |     |                              |
|-----|------------------------------|
| 1   | Yes                          |
| 2   | No                           |
| 999 | Don't know *Fixed *Exclusive |

**B002 - B002: Core**

End block

**B003 - DEMO1: Final Demographics**

Begin block

**Q061 - q73: Q73. COUNTRY OF BIRTH**

Single coded

[Not back](#)

Which country were you/ [ChildNameDummy] born in?

[Normal](#)

- 1 New Zealand
- 2 Australia
- 3 Cook Islands
- 4 China (People's Republic of)
- 5 India
- 6 Philippines
- 7 Samoa
- 8 South Africa
- 9 United Kingdom (England, Scotland, Wales, Northern Ireland)
- 10 United States of America
- 996 Other (please specify) \*Open \*Fixed

**Q062 - q75: Q75. ETHNICITY**

Multi coded

[Not back | Min = 1](#)

Which ethnic group or groups [do you/ does [ChildNameDummy] identify with or belong to? This may be different from your nationality or citizenship

Please select all that apply

[Normal](#)

- 1 New Zealand European
- 2 Other European
- 3 New Zealand Māori
- 4 Cook Island Māori
- 5 Samoan
- 6 Tongan
- 7 Niuean
- 8 Fijian
- 9 Filipino
- 10 Chinese
- 11 Indian
- 12 African
- 13 Latin American
- 14 Middle Eastern
- 997 Prefer not to say \*Fixed \*Exclusive
- 996 Other (please specify) \*Open \*Fixed

**Q066 - Q9: DEMO GENDER**

Single coded

[Not back](#)

What gender [do you / does [ChildNameDummy] identify with?

Gender refers to a person's internal sense of identity and may or may not respond with sex recorded at birth.

[Normal](#)

- 1 Male
- 2 Female
- 996 Another gender (please type in) \*Open \*Fixed

**Q067 - q50N: Q50N. DIFFICULTIES DOING PA DUE TO HEALTH PROBLEMS**

Matrix

[Not back](#) | [Number of rows: 6](#) | [Number of columns: 4](#)

The next question is about difficulties you may have doing certain activities. [Do you/ Does Name] have difficulty...

[Rows: Normal](#) | [Columns: Normal](#)[Rendered as Dynamic Grid](#)

	No, no difficulty	Yes, some difficulty	Yes, a lot of difficulty	Cannot do at all
Seeing, even if wearing glasses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hearing, even if using a hearing aid	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking or climbing steps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Remembering or concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Washing all over or dressing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communicating, using [your / their] usual language, for example understanding or being understood by others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q063 - q75A: Q75A. DATE OF BIRTH**

Numeric

[Not back](#) | [Min = 0](#) | [Max = 0](#)

When were [you/ [ChildNameDummy] born?

**Q068 - Q59: INVOLVEMENT**

Single coded

[Not back](#)**[VERSION A]** Can you please indicate how much [ChildNameDummy] was involved when you answered these questions on his / her behalf?**[VERSION B]** Can you please indicate how much your parent/ caregiver was involved when you completed this survey?[Normal](#)

- 1 Very involved
- 2 Quite involved
- 3 Not very involved
- 4 Not at all involved

Ask only if **Q020 - hq2,11,12,13****Q064 - Q79: Q79. RECONTACT CONSENT**

Single coded

[Not back](#)

It is likely that more in-depth research will be carried out on this topic in the future.

Are you willing to provide your contact details so that Kantar Public or Sport New Zealand are able to contact you and invite you to take part in further research?

Please note: providing your contact details does not put you under any obligation to participate.

[Normal](#)

- 1 Yes
- 2 No

Ask only if **Q020 - hq2,8,9,10,11,12,13**

**Q069 - Q84: PARENT CONFIRMATION**

Single coded

Not back

If a parent/guardian is nearby, can you please ask them to fill in the following question and then hand the survey back to you.

PARENT / GUARDIAN: Can you confirm you are the parent/guardian of the person who has completed this survey?

Normal

- 1 Yes - I am a parent/guardian of the person who has completed the survey
- 2 No - a parent/guardian is not available

Ask only if **Q007 - Q60,1**

**Q082 - Q85: Q85. PARENTAL CONSENT TO LINK TO IDI 12+**

Single coded

Not back

Your consent is required for Sport NZ to share and/or combine your survey responses (on behalf of your child) with other information held by Sport NZ and/or other third parties, to understand more about the physical activity of New Zealanders. Sport NZ will ensure that any information that could be used to identify your child will be removed after your survey responses have been combined with other information about them, and the combined information will be used by authorised parties for research purposes only. Do you consent to Sport NZ sharing and/or combining your survey responses about your child with other information about them for this purpose?

Once completed, please pass the survey back to your child.

Normal

- 1 Yes
- 2 No

Ask only if **Q020 - hq2,8,9,10,11,12,13 and Q082 - Q85,1**

**Q070 - Q81: NAME**

Multi coded

Not back | Min = 1

Please enter your name below.

This information will be used to link your personal information with other routinely collected government data if a parent, guardian or an adult from your household has given us permission to do so.

Normal

- 1 First Name \*Open
- 2 Surname \*Open

**Q071 - q51: Q51. RECONTACT INFORMATION**

Alpha

**Not back**

**[IF q57=1 AND IN CONTROL GROUP (FROM SAMPLE)]** Please provide your contact details below so that we can contact you if you are the winner of one of the 10 \$50 Prezzy® Cards. Please also provide your parent / guardian contact number if you are the winner and in case we are unable to contact you. Terms and conditions for the prize draw can be found here.

**[IF Q57=2AND IN CONTROL GROUP (FROM SAMPLE)]** Please provide your contact details below so that we can contact you if you are the winner of one of the 10 \$50 Prezzy® Cards. Please also provide your parent / guardian contact number if you are the winner and in case we are unable to contact you. Please be assured that these details will only be used to contact the winner of the prize draw. Terms and conditions for the prize draw can be found here.

**[IF q57=1 AND IN TREATMENT GROUP A (FROM SAMPLE)]** Please provide your contact details below so that we can email you your \$10 e-Gift card, and contact you if you are the winner of one of the 10 \$50 Prezzy® Cards. Please also provide your parent / guardian contact number if you are the winner and in case we are unable to contact you. Terms and conditions for the prize draw can be found here.

**[IF Q57=2AND IN TREATMENT GROUP A (FROM SAMPLE)]** Please provide your contact details below so that we can email you your \$10 e-Gift card, and contact you if you are the winner of one of the 10 \$50 Prezzy® Cards. Please also provide your parent / guardian contact number if you are the winner and in case we are unable to contact you. Please be assured that these details will only be used to contact the winner of the prize draw. Terms and conditions for the prize draw can be found here.

**[IF q57=1 AND IN TREATMENT GROUP B (FROM SAMPLE)]** Please provide your contact details below so that we can email you your \$20 e-Gift card, and contact you if you are the winner of one of the 10 \$50 Prezzy® Cards. Please also provide your parent / guardian contact number if you are the winner and in case we are unable to contact you. Terms and conditions for the prize draw can be found here.

**[IF Q57=2AND IN TREATMENT GROUP B (FROM SAMPLE)]** Please provide your contact details below so that we can email you your \$20 e-Gift card, and contact you if you are the winner of one of the 10 \$50 Prezzy® Cards. Please also provide your parent / guardian contact number if you are the winner and in case we are unable to contact you. Please be assured that these details will only be used to contact the winner of the prize draw. Terms and conditions for the prize draw can be found here.

**Q065 - q80: Q80. CONSENT FOR THE DATA OF 5-11 YEAR OLDS TO BE LINKED TO THE IDI**

Single coded

**Not back**

Your consent is required for Sport NZ to share and/or combine your survey responses (on behalf of your child) with other information held by Sport NZ and/or other third parties, to understand more about the physical activity of New Zealanders. Sport NZ will ensure that any information that could be used to identify your child will be removed after your survey responses have been combined with other information about them, and the combined information will be used by authorised parties for research purposes only. Do you consent to Sport NZ sharing and/or combining your survey responses about your child with other information about them for this purpose?

**Normal**

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

Ask only if **Q007 - Q60,2,3** and **Q065 - q80,1****Q072 - Q82: RECORD CHILDS NAME**

Alpha

**Not back**

Please record the child's name so that their personal information can be linked.

Ask only if **Q007 - Q60,2,3****Q073 - Q64: ANOTHER CHILD LOOP**

Single coded

**Not back**

Would you be interested in completing the survey for another of your children aged 5-11? You would get another entry into the prize draw for the \$1,000 Prezzy Card.

**Normal**

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

Ask only if Q007 - Q60,1

Q074 - CLOSECHILD: CLOSE IF 12-17

Alpha

[Answer not required](#) | [Not back](#)

Those are all the questions we have for you today. Thank you very much for your help. Please make sure you write your name on the flyer to show which survey code you used. If there are others in your household aged 12 to 17 who would like to complete the survey, please give them the flyer.

If there is no one else aged 12 to 17 who wants to take part, then please recycle the flyer. The winners of the 10 \$50 Prezzy® cards will be contacted in late [XXX]. Good luck! Should you have any queries, please do not hesitate to contact us on: [activenz@kantar.com](mailto:activenz@kantar.com)

Ask only if Q007 - Q60,2,3

Q075 - CLOSEADULT: CLOSE ADULT 5-11

Alpha

[Answer not required](#) | [Not back](#)

Thank you very much for your help in completing this survey. Your responses are extremely valuable and will help make sure that the changing needs of New Zealanders of all ages are known when the government, councils and organisations make decisions relating to sport and recreation.

The winner of the \$1,000 Prezzy® card will be contacted in [XXX] Good luck!! Please make sure your details are filled in below...

## Active NZ Adult Survey Q1 2022

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# Frequently Asked Questions



Active NZ survey 2022

B001 - Intro: INTRO BLOCK

Begin block

Q001 - AboutHHold: About you and your household

Text

[Not back](#)

Firstly, some questions about you and your household.

Q003 - q3: Q3. AGE - WHICH OF THESE AGE GROUPS DO YOU BELONG TO?

Single coded

[Not back](#)

Which of these age groups do you belong to?

[Normal](#)

- |    |                  |
|----|------------------|
| 1  | Under 18 years   |
| 2  | 18-19            |
| 3  | 20-24            |
| 4  | 25-29            |
| 5  | 30-34            |
| 6  | 35-39            |
| 7  | 40-44            |
| 8  | 45-49            |
| 9  | 50-54            |
| 10 | 55-59            |
| 11 | 60-64            |
| 12 | 65-69            |
| 13 | 70-74            |
| 14 | 75-79            |
| 15 | 80-84            |
| 16 | 85 years or over |

Q002 - q2: Q2. GENDER - ARE YOU...?

Single coded

[Not back](#)

What is your gender?

Gender refers to a person's internal sense of identity and may or may not correspond with sex recorded at birth

[Normal](#)

- |   |                                       |
|---|---------------------------------------|
| 1 | Male                                  |
| 2 | Female                                |
| 3 | Another gender (please tell us) *Open |

**Q004 - q4: Q4. ADULTS IN HOUSEHOLD - IN TOTAL, HOW MANY ADULTS AGED 18 AND OVER LIVE IN YOUR HOUSEHOLD SOME OR ALL OF THE TIME?**

Numeric

**Not back | Min = 0 | Max = 100**

In total, how many adults aged 18 and over live in your household some or all of the time?

Please *include yourself* in this count

**Q056 - q45: Q45. CHILDREN IN HOUSEHOLD**

Single coded

**Not back**

Are there any children aged under 18 living in your household some or all of the time?

**Normal**

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**Q005 - q5: Q5. CHILDREN IN HOUSEHOLD - HOW MANY (IF ANY) CHILDREN AGED UNDER 18 LIVE IN YOUR HOUSEHOLD SOME OR ALL OF THE TIME?**

Numeric

**Not back | Min = 0 | Max = 100**

How many children aged under 18 live in your household some or all of the time?

If there are no children in any age group please enter '0'.

Ask only if **Q004 - q4** >= 2 or **Q056 - q45,1**

**Q006 - q6a: Q6 PEOPLE IN HOUSEHOLD**

Multi coded

**Not back | Min = 1**

Who lives in your household?

Please select **all** that apply

**Normal**

- |   |   |
|---|---|
| 1 | My husband / wife / civil union / defacto partner, boyfriend or girlfriend      |
| 2 | My mother and / or father   |
| 3 | My son(s) and / or daughter(s) and / or step child(ren)                         |
| 4 | My brother(s) and / or sister(s)  |
| 5 | Other family (e.g. grandparent(s), partner's parent(s), aunt, uncle, cousin(s)) |
| 6 | Non-family (e.g. flatmates, friends)  |

**B001 - Intro: INTRO BLOCK**

End block

**B002 - CORE: CORE SPINE**

Begin block

**Q007 - q106: Q106. (SINGLE ITEM) - NUMBER OF DAYS OF 30+ MINUTES PHYSICAL ACTIVITY (7 DAYS)**

Single coded

[Not back](#)

**About the physical activity you do**

In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, traditional games, kapa haka, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

Please select one answer

[Normal](#)

- |   |        |
|---|--------|
| 1 | 0 days |
| 2 | 1 day  |
| 3 | 2 days |
| 4 | 3 days |
| 5 | 4 days |
| 6 | 5 days |
| 7 | 6 days |
| 8 | 7 days |

**Q008 - Q7TXT: Pre Q7 text**

Text

[Not back](#)

Over the next few sections we ask you questions about any **physical activity** you have done **specifically** for the purpose of **sport, exercise or recreation**.

By **sport** we mean any games such as tennis, basketball or golf.

By **exercise** we mean anything you do for fitness such as going to the gym, doing a workout or running.

By **recreation** we mean anything you do for fun in your spare time which is **physically active** such as dancing or going for a bush walk.

You may do some physical activity for reasons other than sport, exercise or recreation such as for your **job, doing chores or coaching/umpiring**. Please **do not** include this activity.

**Q009 - q7: Q7. 7 DAYS PA (KPI) - THINKING BACK OVER THE LAST 7 DAYS (NOT INCLUDING TODAY) HAVE YOU DONE ANY PHYSICAL ACTIVITY THAT WAS SPECIFICALLY FOR THE PURPOSE OF SPORT, EXERCISE OR RECREATION?**

Single coded

[Not back](#)

Thinking back over the last **seven days (not including today)** have you done any physical activity that was **specifically** for the purpose of **sport, exercise or recreation**?

Please **do not** include any physical activity you have done for reasons other than sport, exercise or recreation such as for your job, doing chores or coaching / umpiring.

[Normal](#)

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

Q011 - q8a: Q8A. ACTIVITIES DONE OVER THE LAST 7 DAYS (BY ACTIVITY)?

Multi coded

[Not back](#) | [Min = 1](#)

And, which of the following have you done in the **last seven days**?

Please only select the activities where you have been **physically active** specifically for **sport, exercise or recreation**. If you cannot find your physical activity on the list you can type it at the bottom. Please do not include any coaching or umpiring.

[Normal](#)

- 1 Walking
- 2 Running / Jogging
- 3 Individual workout using equipment
- 4 Group fitness class (e.g. aerobics, crossfit)
- 5 Yoga
- 6 Pilates
- 7 Dance/dancing (e.g. ballet, hip hop, etc)
- 8 Swimming
- 9 Road cycling - not on an e-bike
- 10 Mountain biking - not on an e-bike
- 11 Rode an e-bike
- 12 BMX
- 13 Day tramp
- 14 Overnight tramp
- 15 Marine fishing
- 16 Freshwater fishing
- 17 Golf
- 18 Football (soccer)
- 19 Tennis
- 20 Table tennis
- 21 Rugby
- 22 Touch rugby
- 23 Rugby league
- 24 Netball
- 25 Basketball
- 26 Cricket
- 27 Hockey
- 28 Badminton
- 29 Squash
- 30 Indoor bowls
- 31 Outdoor bowls
- 32 Softball
- 33 Volleyball
- 34 Canoeing / Kayaking
- 35 Rowing
- 36 Yachting / Sailing
- 37 Surfing / Body boarding
- 38 Surf life saving
- 39 Skiing
- 40 Snowboarding
- 41 Triathlon / Duathlons
- 42 Athletics (track and field)
- 43 Gymnastics
- 44 Horse riding / Equestrian
- 45 Boxing
- 46 Karate
- 47 Hunting
- 48 Shooting (rifle and pistol)
- 49 Motorcycling
- 50 Waka ama
- 51 Gardening

52	Playing games (e.g. with kids)
53	Kapa haka
996	Other activity (please specify a single activity) <i>*Open *Fixed</i>
997	I have not done any physical activity in the last 7 days (not including today) <i>*Fixed *Exclusive</i>

**Q010 - q8: Q8 ACTIVITIES DONE OVER LAST 12 MONTHS**

Multi coded

**Not back | Min = 1**

Which of the following have you done in the last 12 months?

If you cannot find your physical activity on the list you can write it at the bottom. Please do not include any coaching or umpiring.

**Normal**

- 1 Walking
- 2 Running / Jogging
- 3 Individual workout using equipment
- 4 Group fitness class (e.g. aerobics, crossfit)
- 5 Yoga
- 6 Pilates
- 7 Dance/dancing (e.g. ballet, hip hop, etc)
- 8 Swimming
- 9 Road cycling - not on an e-bike
- 10 Mountain biking - not on an e-bike
- 11 Rode an e-bike
- 12 BMX
- 13 Day tramp
- 14 Overnight tramp
- 15 Marine fishing
- 16 Freshwater fishing
- 17 Golf
- 18 Football (soccer)
- 19 Tennis
- 20 Table tennis
- 21 Rugby
- 22 Touch rugby
- 23 Rugby league
- 24 Netball
- 25 Basketball
- 26 Cricket
- 27 Hockey
- 28 Badminton
- 29 Squash
- 30 Indoor bowls
- 31 Outdoor bowls
- 32 Softball
- 33 Volleyball
- 34 Canoeing / Kayaking
- 35 Rowing
- 36 Yachting / Sailing
- 37 Surfing / Body boarding
- 38 Surf life saving
- 39 Skiing
- 40 Snowboarding
- 41 Triathlon / Duathlons
- 42 Athletics (track and field)
- 43 Gymnastics
- 44 Horse riding / Equestrian
- 45 Boxing
- 46 Karate
- 47 Hunting
- 48 Shooting (rifle and pistol)
- 49 Motorcycling
- 50 Waka ama
- 51 Gardening

52	Playing games (e.g. with kids)
53	Kapa haka
996	Other activity (please specify a single activity) <i>*Open *Fixed</i>
997	I have not done any physical activity in the last 12 months <i>*Fixed *Exclusive</i>

Ask only if NOT Q010 - q8,997 and rows use mentioned answers from Q010 - q8

**Q013 - q11: Q11. SPORT VERUS RECREATION 12 MONTHS (BY ACTIVITY) - IN THE LAST 12 MONTHS, HAVE YOU DONE THIS AS A COMPETITIVE SPORT OR COMPETITIVE ACTIVITY?**

Matrix

Not back | Number of rows: 53 | Number of columns: 2

In the last 12 months, have you done this as a competitive sport or a competitive activity?

Please select one answer for each activity

Rows: Normal | Columns: Normal

Rendered as Dynamic Grid

	Yes	No
Walking	<input type="radio"/>	<input type="radio"/>
Running / Jogging	<input type="radio"/>	<input type="radio"/>
Individual workout using equipment	<input type="radio"/>	<input type="radio"/>
Group fitness class (e.g. aerobics, crossfit)	<input type="radio"/>	<input type="radio"/>
Yoga	<input type="radio"/>	<input type="radio"/>
Pilates	<input type="radio"/>	<input type="radio"/>
Dance/dancing (e.g. ballet, hip hop, etc)	<input type="radio"/>	<input type="radio"/>
Swimming	<input type="radio"/>	<input type="radio"/>
Road cycling - not on an e-bike	<input type="radio"/>	<input type="radio"/>
Mountain biking - not on an e-bike	<input type="radio"/>	<input type="radio"/>
Rode an e-bike	<input type="radio"/>	<input type="radio"/>
BMX	<input type="radio"/>	<input type="radio"/>
Day tramp	<input type="radio"/>	<input type="radio"/>
Overnight tramp	<input type="radio"/>	<input type="radio"/>
Marine fishing	<input type="radio"/>	<input type="radio"/>
Freshwater fishing	<input type="radio"/>	<input type="radio"/>
Golf	<input type="radio"/>	<input type="radio"/>
Football (soccer)	<input type="radio"/>	<input type="radio"/>
Tennis	<input type="radio"/>	<input type="radio"/>
Table tennis	<input type="radio"/>	<input type="radio"/>
Rugby	<input type="radio"/>	<input type="radio"/>
Touch rugby	<input type="radio"/>	<input type="radio"/>
Rugby league	<input type="radio"/>	<input type="radio"/>
Netball	<input type="radio"/>	<input type="radio"/>
Basketball	<input type="radio"/>	<input type="radio"/>
Cricket	<input type="radio"/>	<input type="radio"/>
Hockey	<input type="radio"/>	<input type="radio"/>
Badminton	<input type="radio"/>	<input type="radio"/>
Squash	<input type="radio"/>	<input type="radio"/>
Indoor bowls	<input type="radio"/>	<input type="radio"/>
Outdoor bowls	<input type="radio"/>	<input type="radio"/>
Softball	<input type="radio"/>	<input type="radio"/>
Volleyball	<input type="radio"/>	<input type="radio"/>
Canoeing / Kayaking	<input type="radio"/>	<input type="radio"/>
Rowing	<input type="radio"/>	<input type="radio"/>
Yachting / Sailing	<input type="radio"/>	<input type="radio"/>
Surfing / Body boarding	<input type="radio"/>	<input type="radio"/>
Surf life saving	<input type="radio"/>	<input type="radio"/>
Skiing	<input type="radio"/>	<input type="radio"/>
Snowboarding	<input type="radio"/>	<input type="radio"/>

Triathlon / Duathlons	<input type="radio"/>	<input type="radio"/>
Athletics (track and field)	<input type="radio"/>	<input type="radio"/>
Gymnastics	<input type="radio"/>	<input type="radio"/>
Horse riding / Equestrian	<input type="radio"/>	<input type="radio"/>
Boxing	<input type="radio"/>	<input type="radio"/>
Karate	<input type="radio"/>	<input type="radio"/>
Hunting	<input type="radio"/>	<input type="radio"/>
Shooting (rifle and pistol)	<input type="radio"/>	<input type="radio"/>
Motorcycling	<input type="radio"/>	<input type="radio"/>
Waka ama	<input type="radio"/>	<input type="radio"/>
Gardening	<input type="radio"/>	<input type="radio"/>
Playing games (e.g. with kids)	<input type="radio"/>	<input type="radio"/>
Kapa haka	<input type="radio"/>	<input type="radio"/>

Ask only if NOT Q010 - q8,997 and rows use mentioned answers from Q010 - q8

**Q014 - q107: Q107. ACTIVITY DONE THROUGH A CLUB, GYM OR FITNESS CENTRE THEY ARE MEMBERS OF**

Matrix

[Not back](#) | [Number of rows: 53](#) | [Number of columns: 2](#)

In the last 12 months, have you done this activity through a club, gym or fitness centre that you are a member of? (e.g. tramping club, fitness centre or sports club)

Please select one answer for each activity

[Rows: Normal](#) | [Columns: Normal](#)

[Rendered as Dynamic Grid](#)

	Yes	No
Walking	<input type="radio"/>	<input type="radio"/>
Running / Jogging	<input type="radio"/>	<input type="radio"/>
Individual workout using equipment	<input type="radio"/>	<input type="radio"/>
Group fitness class (e.g. aerobics, crossfit)	<input type="radio"/>	<input type="radio"/>
Yoga	<input type="radio"/>	<input type="radio"/>
Pilates	<input type="radio"/>	<input type="radio"/>
Dance/dancing (e.g. ballet, hip hop, etc)	<input type="radio"/>	<input type="radio"/>
Swimming	<input type="radio"/>	<input type="radio"/>
Road cycling - not on an e-bike	<input type="radio"/>	<input type="radio"/>
Mountain biking - not on an e-bike	<input type="radio"/>	<input type="radio"/>
Rode an e-bike	<input type="radio"/>	<input type="radio"/>
BMX	<input type="radio"/>	<input type="radio"/>
Day tramp	<input type="radio"/>	<input type="radio"/>
Overnight tramp	<input type="radio"/>	<input type="radio"/>
Marine fishing	<input type="radio"/>	<input type="radio"/>
Freshwater fishing	<input type="radio"/>	<input type="radio"/>
Golf	<input type="radio"/>	<input type="radio"/>
Football (soccer)	<input type="radio"/>	<input type="radio"/>
Tennis	<input type="radio"/>	<input type="radio"/>
Table tennis	<input type="radio"/>	<input type="radio"/>
Rugby	<input type="radio"/>	<input type="radio"/>
Touch rugby	<input type="radio"/>	<input type="radio"/>
Rugby league	<input type="radio"/>	<input type="radio"/>
Netball	<input type="radio"/>	<input type="radio"/>
Basketball	<input type="radio"/>	<input type="radio"/>
Cricket	<input type="radio"/>	<input type="radio"/>
Hockey	<input type="radio"/>	<input type="radio"/>
Badminton	<input type="radio"/>	<input type="radio"/>
Squash	<input type="radio"/>	<input type="radio"/>
Indoor bowls	<input type="radio"/>	<input type="radio"/>
Outdoor bowls	<input type="radio"/>	<input type="radio"/>
Softball	<input type="radio"/>	<input type="radio"/>
Volleyball	<input type="radio"/>	<input type="radio"/>
Canoeing / Kayaking	<input type="radio"/>	<input type="radio"/>
Rowing	<input type="radio"/>	<input type="radio"/>
Yachting / Sailing	<input type="radio"/>	<input type="radio"/>
Surfing / Body boarding	<input type="radio"/>	<input type="radio"/>
Surf life saving	<input type="radio"/>	<input type="radio"/>
Skiing	<input type="radio"/>	<input type="radio"/>
Snowboarding	<input type="radio"/>	<input type="radio"/>

Triathlon / Duathlons	<input type="radio"/>	<input type="radio"/>
Athletics (track and field)	<input type="radio"/>	<input type="radio"/>
Gymnastics	<input type="radio"/>	<input type="radio"/>
Horse riding / Equestrian	<input type="radio"/>	<input type="radio"/>
Boxing	<input type="radio"/>	<input type="radio"/>
Karate	<input type="radio"/>	<input type="radio"/>
Hunting	<input type="radio"/>	<input type="radio"/>
Shooting (rifle and pistol)	<input type="radio"/>	<input type="radio"/>
Motorcycling	<input type="radio"/>	<input type="radio"/>
Waka ama	<input type="radio"/>	<input type="radio"/>
Gardening	<input type="radio"/>	<input type="radio"/>
Playing games (e.g. with kids)	<input type="radio"/>	<input type="radio"/>
Kapa haka	<input type="radio"/>	<input type="radio"/>

Q012 - q98: Q98. ACTIVITIES TO TRY OR DO MORE OF

Multi coded

[Not back](#) | [Min = 1](#)

In the next **12 months**, which, if any, of the following activities would like to try, or do more of?

Please select all that apply

[Normal](#)

- 1 Walking
- 2 Running / Jogging
- 3 Individual workout using equipment
- 4 Group fitness class (e.g. aerobics, crossfit)
- 5 Yoga
- 6 Pilates
- 7 Dance/dancing (e.g. ballet, hip hop, etc)
- 8 Swimming
- 9 Road cycling - not on an e-bike
- 10 Mountain biking - not on an e-bike
- 11 Rode an e-bike
- 12 BMX
- 13 Day tramp
- 14 Overnight tramp
- 15 Marine fishing
- 16 Freshwater fishing
- 17 Golf
- 18 Football (soccer)
- 19 Tennis
- 20 Table tennis
- 21 Rugby
- 22 Touch rugby
- 23 Rugby league
- 24 Netball
- 25 Basketball
- 26 Cricket
- 27 Hockey
- 28 Badminton
- 29 Squash
- 30 Indoor bowls
- 31 Outdoor bowls
- 32 Softball
- 33 Volleyball
- 34 Canoeing / Kayaking
- 35 Rowing
- 36 Yachting / Sailing
- 37 Surfing / Body boarding
- 38 Surf life saving
- 39 Skiing
- 40 Snowboarding
- 41 Triathlon / Duathlons
- 42 Athletics (track and field)
- 43 Gymnastics
- 44 Horse riding / Equestrian
- 45 Boxing
- 46 Karate
- 47 Hunting
- 48 Shooting (rifle and pistol)
- 49 Motorcycling
- 50 Waka ama
- 51 Gardening

- 52 Playing games (e.g. with kids)
- 53 Kapa haka
- 996 Other activity (please specify a single activity) *\*Open \*Fixed*
- 997 Other activity (please specify a single activity) *\*Fixed \*Exclusive*
- 998 I am not interested in doing any of the above *\*Fixed \*Exclusive*

Ask only if NOT **Q012 - q98,998** and use mentioned answers from **Q012 - q98**

**Q049 - q142: Q142. ONE PHYSICAL ACTIVITY TO TRY OR DO MORE OF IF BARRIERS WEREN'T IN THE WAY**

Single coded

[Not back](#)

If you had to choose just **one** physical activity to try or do more of in the next **12 months**, which one would it be?

[Normal](#)

- 1 Walking
- 2 Running / Jogging
- 3 Individual workout using equipment
- 4 Group fitness class (e.g. aerobics, crossfit)
- 5 Yoga
- 6 Pilates
- 7 Dance/dancing (e.g. ballet, hip hop, etc)
- 8 Swimming
- 9 Road cycling - not on an e-bike
- 10 Mountain biking - not on an e-bike
- 11 Rode an e-bike
- 12 BMX
- 13 Day tramp
- 14 Overnight tramp
- 15 Marine fishing
- 16 Freshwater fishing
- 17 Golf
- 18 Football (soccer)
- 19 Tennis
- 20 Table tennis
- 21 Rugby
- 22 Touch rugby
- 23 Rugby league
- 24 Netball
- 25 Basketball
- 26 Cricket
- 27 Hockey
- 28 Badminton
- 29 Squash
- 30 Indoor bowls
- 31 Outdoor bowls
- 32 Softball
- 33 Volleyball
- 34 Canoeing / Kayaking
- 35 Rowing
- 36 Yachting / Sailing
- 37 Surfing / Body boarding
- 38 Surf life saving
- 39 Skiing
- 40 Snowboarding
- 41 Triathlon / Duathlons
- 42 Athletics (track and field)
- 43 Gymnastics
- 44 Horse riding / Equestrian
- 45 Boxing
- 46 Karate
- 47 Hunting
- 48 Shooting (rifle and pistol)
- 49 Motorcycling
- 50 Waka ama
- 51 Gardening

52	Playing games (e.g. with kids)
53	Kapa haka
996	Other (please specify) <i>*Open *Fixed</i>
999	Don't know <i>*Fixed *Exclusive</i>

Ask only if NOT **Q011 - q8a,997** and rows use mentioned answers from **Q011 - q8a**

**Q017 - q108: Q108. RECEIVED ANY COACHING, INSTRUCTION OR TRAINING  
IN THE LAST 7 DAYS**

Matrix

[Not back](#) | [Number of rows: 53](#) | [Number of columns: 2](#)

In the **last 7 days** have you received any **coaching, instruction or training** for any of the physical activities you have done?

This could include individual or group training, or accessing information or advice online.

[Rows: Normal](#) | [Columns: Normal](#)

[Rendered as Dynamic Grid](#)

	Yes	No
Walking	<input type="radio"/>	<input type="radio"/>
Running / Jogging	<input type="radio"/>	<input type="radio"/>
Individual workout using equipment	<input type="radio"/>	<input type="radio"/>
Group fitness class (e.g. aerobics, crossfit)	<input type="radio"/>	<input type="radio"/>
Yoga	<input type="radio"/>	<input type="radio"/>
Pilates	<input type="radio"/>	<input type="radio"/>
Dance/dancing (e.g. ballet, hip hop, etc)	<input type="radio"/>	<input type="radio"/>
Swimming	<input type="radio"/>	<input type="radio"/>
Road cycling - not on an e-bike	<input type="radio"/>	<input type="radio"/>
Mountain biking - not on an e-bike	<input type="radio"/>	<input type="radio"/>
Rode an e-bike	<input type="radio"/>	<input type="radio"/>
BMX	<input type="radio"/>	<input type="radio"/>
Day tramp	<input type="radio"/>	<input type="radio"/>
Overnight tramp	<input type="radio"/>	<input type="radio"/>
Marine fishing	<input type="radio"/>	<input type="radio"/>
Freshwater fishing	<input type="radio"/>	<input type="radio"/>
Golf	<input type="radio"/>	<input type="radio"/>
Football (soccer)	<input type="radio"/>	<input type="radio"/>
Tennis	<input type="radio"/>	<input type="radio"/>
Table tennis	<input type="radio"/>	<input type="radio"/>
Rugby	<input type="radio"/>	<input type="radio"/>
Touch rugby	<input type="radio"/>	<input type="radio"/>
Rugby league	<input type="radio"/>	<input type="radio"/>
Netball	<input type="radio"/>	<input type="radio"/>
Basketball	<input type="radio"/>	<input type="radio"/>
Cricket	<input type="radio"/>	<input type="radio"/>
Hockey	<input type="radio"/>	<input type="radio"/>
Badminton	<input type="radio"/>	<input type="radio"/>
Squash	<input type="radio"/>	<input type="radio"/>
Indoor bowls	<input type="radio"/>	<input type="radio"/>
Outdoor bowls	<input type="radio"/>	<input type="radio"/>
Softball	<input type="radio"/>	<input type="radio"/>
Volleyball	<input type="radio"/>	<input type="radio"/>
Canoeing / Kayaking	<input type="radio"/>	<input type="radio"/>
Rowing	<input type="radio"/>	<input type="radio"/>
Yachting / Sailing	<input type="radio"/>	<input type="radio"/>
Surfing / Body boarding	<input type="radio"/>	<input type="radio"/>
Surf life saving	<input type="radio"/>	<input type="radio"/>
Skiing	<input type="radio"/>	<input type="radio"/>
Snowboarding	<input type="radio"/>	<input type="radio"/>

Triathlon / Duathlons	<input type="radio"/>	<input type="radio"/>
Athletics (track and field)	<input type="radio"/>	<input type="radio"/>
Gymnastics	<input type="radio"/>	<input type="radio"/>
Horse riding / Equestrian	<input type="radio"/>	<input type="radio"/>
Boxing	<input type="radio"/>	<input type="radio"/>
Karate	<input type="radio"/>	<input type="radio"/>
Hunting	<input type="radio"/>	<input type="radio"/>
Shooting (rifle and pistol)	<input type="radio"/>	<input type="radio"/>
Motorcycling	<input type="radio"/>	<input type="radio"/>
Waka ama	<input type="radio"/>	<input type="radio"/>
Gardening	<input type="radio"/>	<input type="radio"/>
Playing games (e.g. with kids)	<input type="radio"/>	<input type="radio"/>
Kapa haka	<input type="radio"/>	<input type="radio"/>

Ask only if NOT Q011 - q8a,997

**Q018 - q19: Q19. AMOUNT OF TIME SPENT BEING ACTIVE (7 DAY - KPI) - HOW MANY HOURS DID YOU SPEND BEING PHYSICALLY ACTIVE**

Numeric

**Not back | Min = 0 | Max = 168**

Still thinking about the physical activities you have done in the last 7 days, in total how many hours did you spend being physically active for sport, exercise or recreation?

Please think only about those physical activities done for at least 10 minutes at a time. Please make your best estimate. Please enter the amount of time in hours (using whole numbers) and minutes (up to 59)

Ask only if NOT Q011 - q8a,997

**Q019 - q103: Q103. MUSCLE STRENGTHENING (7 DAYS) - IN THE LAST 7 DAYS, DID YOU DO MUSCLE STRENGTHENING ACTIVITIES ON AT LEAST 2 DAYS?**

Single coded

**Not back**

In the last 7 days, did you do muscle strengthening activities on at least 2 days?

Muscle strengthening activity could include lifting weights, resistance exercises or yoga.

**Normal**

1	Yes
2	No
999	Don't know *Fixed *Exclusive

Ask only if NOT Q011 - q8a,997

**Q020 - q25: Q25. FACILITIES USED FOR PHYSICAL ACTIVITY**

Multi coded

[Not back](#) | **Min = 1**

And in the last 7 days, in which of the following specific places have you been physically active for sport, exercise or recreation?

Please select all that apply

**Normal**

- |     |  |
|-----|--|
| 1   | Gym or fitness centre  |
| 17  | University or tertiary education facility (indoor gym/recreation centre or outdoor field/park)   |
| 2   | Indoor sports facility or complex (e.g. a recreation centre, or indoor stadium)  |
| 3   | Outdoor sports facility or purpose built environment (e.g. netball or tennis courts, golf course, ski field, astroturf or outdoor stadium) |
| 4   | Community hall, school hall, marae, church (e.g. an indoor facility that is not used mainly for sport or physical activity)                |
| 5   | Studio (e.g. yoga or dance)  |
| 6   | Public pool or aquatic centre  |
| 7   | Public park, field, playground, skate park or BMX track  |
| 8   | Private property, home, garden or pool   |
| 18  | Whānau land / whenua   |
| 9   | Cycleway or cycle lane specifically set aside for cyclists   |
| 10  | Walkway  |
| 11  | National park area   |
| 12  | Back country or alpine track   |
| 13  | Off road biking or walking track   |
| 14  | On the road / footpath   |
| 15  | On, in or beside lake, river or stream   |
| 16  | On, in or beside sea or coast  |
| 996 | Other (please specify) *Open *Fixed  |
| 998 | None of the above *Fixed *Exclusive  |

Ask only if NOT Q011 - q8a,997

**Q021 - q26: Q26. TECHNOLOGY USED IN THE LAST 7 DAYS**

Single coded

[Not back](#)

In the last 7 days have you used any technology (Fitbits, smartphone apps, pedometers, etc.) when you have been physically active for sport, exercise or recreation?

**Normal**

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**Q022 - q31: Q31. WANTING TO DO MORE EXERCISE**

Single coded

[Not back](#)

Overall, would you like to be doing more physical activity for sport, exercise or recreation than you are currently doing?

**Normal**

- |   |                                    |
|---|------------------------------------|
| 1 | Yes, I would like to be doing more |
| 2 | No                                 |

**Q023 - q32: Q32. BARRIERS - COMBINED, THOSE WHO WANT TO DO MORE EXERCISE AND THOSE WHO DON'T**

Multi coded

**Not back | Min = 1**

[IF Q31=1 (want to do more)] For what reasons are you **not doing** as much physical activity as you would like?  
 [IF Q31=2 (don't want to be doing more)] For what reasons **do you not want** to do more physical activity than you are currently doing?

Please select all that apply

**Normal**

- 12 I have no transport to get to places
- 13 There are no appropriate facilities or places conveniently located to do what I want to do
- 25 I don't have the equipment I need
- 14 The activity of my choice is too expensive
- 15 Other commitments are taking priority(e.g. work, family)
- 16 The activity of my choice doesn't fit my routine
- 22 I prefer to spend my time on other interests / hobbies
- 6 I am too tired or don't have the energy
- 10 I struggle to motivate myself
- 29 I've got out of the habit
- 4 I'm not fit enough
- 8 I am injured from an injury caused by sport, exercise or recreational physical activity
- 9 I am injured from an injury caused by something else
- 26 I have a disability that prevents me from participating
- 5 My health is not good enough
- 1 I'm not confident enough
- 2 I haven't got the skills / don't know how to
- 3 I don't want to fail
- 11 I have no one to do it with
- 7 I don't feel welcome
- 21 I don't like other people seeing me being physically active
- 23 I already do a good amount of physical activity
- 28 The weather
- 996 Other (please specify) *\*Open \*Fixed*

**Q024 - q35: Q35. EVENT PARTICIPATION (12 MONTHS)**

Multi coded

[Not back](#) | Min = 1**Events, and memberships and high performance sport**

This section covers a range of topics including whether you have taken part in events, and gym and club membership.

In the **last 12 months**, have you **actively participated** in any of these events where lots of people take part?

Please select all that apply

**Normal**

- 1 Running / walking events (anything up to 10ks, e.g. fun runs)
- 2 Endurance running / walking events (anything longer than 10ks, e.g. half marathon)
- 3 Triathlon / duathlon events
- 4 Endurance multisport events
- 5 Biking events
- 6 Swimming events
- 7 Masters Sport Tournament / event
- 8 Fishing tournament or event
- 9 Sailing regatta, dragon boating or Waka ama event
- 10 Kī-o-Rahi, Iwi games, Marae Games, Pa Wars, Kapa Haka events
- 11 Sports tournament
- 12 Iron Māori
- 996 Other sport or physical activity event (specify) *\*Open \*Fixed*
- 998 No, I have not taken part in any events in the last 12 months *\*Fixed \*Exclusive*

**Q025 - q37: Q37. GYM MEMBERSHIP**

Single coded

[Not back](#)

Do you **currently** belong to a gym or fitness centre?

**Normal**

- 1 Yes
- 2 No

**Q026 - q39: Q39. CLUB MEMBERSHIP**

Single coded

[Not back](#)

Are you currently a member of any sport or recreation club (other than a gym or fitness centre)?

Please include any clubs you belong to, even those where you don't personally take part in the activity.

**Normal**

- 1 Yes
- 2 No

**Q028 - q43a: Q43a. VOLUNTEERING IN THE LAST 7 DAYS**

Multi coded

**Not back | Min = 1**Have you volunteered in any of the following ways for a sport, exercise or recreation activity in the **last 7 days**?

Please select all that apply

**Normal**

- 1 Coached or instructed a team or group
- 2 Coached or instructed an individual
- 3 Official (e.g. referee, umpire, scorer)
- 4 Team manager
- 5 Club administration
- 6 Governance role at a club or association (e.g. board member)
- 7 Helper for a team, club or group (e.g. on call contact, group leader, guide)
- 8 Event assistance (e.g. race marshal)
- 9 Activity helper (e.g. building / maintenance of a location)
- 10 Lifeguard
- 11 Team captain or activity leader (e.g. kapa haka leader)
- 998 I have not done any of the above in the last 7 days *\*Fixed \*Exclusive*

**Q027 - q43b: Q43b. VOLUNTEERING IN THE LAST 12 MONTHS**

Multi coded

**Not back | Min = 1**Have you volunteered in any of the following ways for a sport, exercise or recreation activity in the **last 12 months**?

Please select all that apply

**Normal**

- 1 Coached or instructed a team or group
- 2 Coached or instructed an individual
- 3 Official (e.g. referee, umpire, scorer)
- 4 Team manager
- 5 Club administration
- 6 Governance role at a club or association (e.g. board member)
- 7 Helper for a team, club or group (e.g. on call contact, group leader, guide)
- 8 Event assistance (e.g. race marshal)
- 9 Activity helper (e.g. building / maintenance of a location)
- 10 Lifeguard
- 11 Team captain or activity leader (e.g. kapa haka leader)
- 998 I have not done any of the above in the last 12 months *\*Fixed \*Exclusive*

**Q029 - q44: Q44. INTENTION TO VOLUNTEER IN THE NEXT 12 MONTHS**

Single coded

**Not back**Do you intend to volunteer for any role for a sport or recreation activity in the **next 12 months**?**Normal**

- 1 Yes - definitely
- 2 Yes - maybe
- 3 No

**Q030 - q47: Q47. ATTITUDE STATEMENTS**

Matrix

**Not back | Number of rows: 9 | Number of columns: 5**

How strongly do you agree or disagree with each of the following statements:

**Rows: Random | Columns: Normal****Rendered as Dynamic Grid**

	Disagree a lot	Disagree a little	Neither disagree or agree	Agree a little	Agree a lot
Being physically active is an essential part of my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I love challenging myself or trying to win	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working hard to improve my skills and performance is important to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being physically active is fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being physically active is very important for my physical health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being physically active is very important for my mental or emotional wellbeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the support in my community to do the physical activities I want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have access to spaces and places where I can do the physical activities I want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am satisfied with the quality of spaces and places to be active in my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q031 - q48: Q48. ATTITUDE STATEMENTS TWO**

Matrix

**Not back | Number of rows: 9 | Number of columns: 5**

How strongly do you agree or disagree with each of the following statements:

**Rows: Normal | Columns: Normal****Rendered as Dynamic Grid**

	Disagree a lot	Disagree a little	Neither disagree or agree	Agree a little	Agree a lot
Exercise is an important part of my routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I prefer to be physically active with others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People in my life encourage me to take part in physical activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am good at lots of different physical activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the chance to do the physical activities I want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to take part in physical activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand why taking part in physical activity is good for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confident to take part in lots of different physical activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing some physical activity is better than none	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



**Q033 - q67: Q67. WHO-5 WELLBEING INDICATOR - WHICH IS CLOSEST TO HOW YOU HAVE BEEN FEELING OVER THE LAST TWO WEEKS?**

Matrix

[Answer not required](#) | [Not back](#) | [Number of rows: 5](#) | [Number of columns: 6](#)

**About your wellbeing**

This section covers some health and lifestyle topics.

For each of the five statements, which is closest to how you have been feeling over the last **two weeks**?

[Rows: Normal](#) | [Columns: Normal](#)

[Rendered as Dynamic Grid](#)

	All of the time	Most of the time	More than half of the time	Less than half of the time	Some of the time	At no time
I have felt cheerful and in good spirits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt calm and relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have felt active and vigorous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I woke up feeling fresh and rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My daily life has been filled with things that interest me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q034 - q68: Q68. LIFE SATISFACTION - HOW DO YOU FEEL ABOUT YOUR LIFE AS A WHOLE?**

Single coded

[Not back](#)

How do you feel about your life as a whole?

Please answer on a scale where zero is completely dissatisfied and ten is completely satisfied.

[Normal](#)

1	0 - Completely dissatisfied
2	1
3	2
4	3
5	4
6	5
7	6
8	7
9	8
10	9
11	10 - Completely satisfied





**Q055 - qHP20: QHP20. FOLLOWING OF HIGH PERFORMANCE SPORT**

Matrix

**Not back | Number of rows: 18 | Number of columns: 5**

The next question asks about how closely you follow specific New Zealand high performance sports. To follow a sport means to watch it on television, listen to it on the radio, follow it on social media, or attend live events to watch.

How closely do you follow these high performance sports when New Zealand competes internationally?

*Please answer on a scale of 1 to 5, where 1 = do not follow, and 5 = follow closely.*

**Rows: Random | Columns: Normal****Rendered as Dynamic Grid**

	Do not follow (1)	2	3	4	Follow closely (5)
Rowing	<input type="radio"/>				
Cycling	<input type="radio"/>				
Yachting	<input type="radio"/>				
Athletics	<input type="radio"/>				
Canoe Racing	<input type="radio"/>				
Snow Sports	<input type="radio"/>				
Equestrian	<input type="radio"/>				
Rugby sevens	<input type="radio"/>				
Paralympics	<input type="radio"/>				
Rugby Union	<input type="radio"/>				
Basketball	<input type="radio"/>				
Football	<input type="radio"/>				
Netball	<input type="radio"/>				
Hockey	<input type="radio"/>				
Tennis	<input type="radio"/>				
Cricket	<input type="radio"/>				
Rugby League	<input type="radio"/>				
Another high performance sport	<input type="radio"/>				

**Q057 - qhp21: QHP21. OTHER HIGH PERFORMANCE SPORT**

Open

**Not back**

You mentioned you follow another high performance sport. Which high performance sport is this?

**Q058 - qYW1: QYW1. AWARENESS OF YOUNG WOMENS CAMPAIGN**

Single coded

**Not back**

In the last seven days have you seen or heard anything supporting/promoting girls and young women to be physically active?

**Normal**

- |     |                              |
|-----|------------------------------|
| 1   | Yes                          |
| 2   | No                           |
| 999 | Don't know *Fixed *Exclusive |

**B002 - CORE: CORE SPINE**

End block

**B003 - DEMOGS: FINAL DEMOGRAPHICS**

Begin block

**Q035 - q69: Q69. QUALIFICATION LEVEL**

Single coded

**Not back****About you...**

Sport New Zealand wants to collect information about New Zealanders that is inclusive and representative of our diverse communities. For this reason, the next few questions are about you. By capturing this information, we will be able to better understand New Zealanders who participate and do not participate in sport and recreation, and their attitudes towards sport and recreation, and motivations.

What is the highest qualification you have?

**Normal**

- |     |   |
|-----|---|
| 1   | No qualification  |
| 2   | NCEA level 1 or School Certificate  |
| 3   | NCEA level 2 or Sixth Form Certificate  |
| 4   | NCEA level 3 or University Entrance bursary or scholarship                      |
| 5   | Level 4, 5 or 6 - a trade or polytechnic qualification                          |
| 6   | A bachelor's degree   |
| 7   | Postgraduate degree / diploma / certificate or higher (e.g. Masters, Doctorate) |
| 998 | Other *Fixed *Exclusive   |

**Q036 - q70: Q70. EMPLOYMENT STATUS**

Multi coded

**Not back | Min = 1**

Which of these describe you?

Please select all that apply

**Normal**

- 1 Full-time in paid work (over 35 hours per week)
- 2 Part-time in paid work (34 hours or less per week)
- 3 Full-time unpaid work (over 35 hours per week)
- 4 Part-time unpaid work (34 hours or less per week)
- 5 Looking for work or unemployed
- 6 Secondary school student, please also specify what year you are in: Year\_\_\_\_\_ \*Open
- 7 Full-time student (not at secondary school)
- 8 Part-time student (not at secondary school)
- 9 Looking after home and family
- 10 Retired
- 11 Beneficiary
- 12 Other

**Q037 - q71: Q71. OCCUPATION**

Single coded

**Not back**

Which one best describes your occupation?

Please select one answer

**Normal**

- 1 Manager
- 2 Professional
- 3 Technician or trade
- 4 Community or personal services
- 5 Clerical and administration
- 6 Sales
- 7 Machine operator or driver
- 8 Labourer
- 9 Other

**Q038 - q73: Q73. COUNTRY OF BIRTH**

Single coded

**Not back**

Which country were you born in?

**Normal**

- |     |   |
|-----|---|
| 1   | New Zealand   |
| 2   | Australia   |
| 3   | Cook Islands  |
| 4   | China (People's Republic of)                                |
| 5   | India   |
| 6   | Philippines   |
| 7   | Samoa   |
| 8   | South Africa  |
| 9   | United Kingdom (England, Scotland, Wales, Northern Ireland) |
| 10  | United States of America                                    |
| 996 | Other (please specify) <i>*Open *Fixed</i>                  |

**Q039 - q75: Q75. ETHNICITY**

Multi coded

**Not back | Min = 1**

Which ethnic group or groups do you identify with or belong to? This may be different from your nationality or citizenship

Please select all that apply

**Normal**

- |     |  |
|-----|--|
| 1   | New Zealand European                       |
| 2   | Other European                             |
| 3   | New Zealand Māori                          |
| 4   | Cook Island Māori                          |
| 5   | Samoan                                     |
| 6   | Tongan                                     |
| 7   | Niuean                                     |
| 8   | Fijian                                     |
| 9   | Filipino                                   |
| 10  | Chinese                                    |
| 11  | Indian                                     |
| 12  | African                                    |
| 13  | Latin American                             |
| 14  | Middle Eastern                             |
| 997 | Prefer not to say <i>*Fixed *Exclusive</i> |
| 996 | Other (please specify) <i>*Open *Fixed</i> |

**Q040 - q138: Q138. DIFFICULTIES DOING PA DUE TO HEALTH PROBLEMS**

Matrix

**Not back** | Number of rows: 6 | Number of columns: 4

The next question is about difficulties you may have doing certain activities. Do you have difficulty...

**Rows: Normal** | **Columns: Normal****Rendered as Dynamic Grid**

	No, no difficulty	Yes, some difficulty	Yes, a lot of difficulty	Cannot do at all
Seeing, even if wearing glasses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hearing, even if using a hearing aid	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking or climbing steps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Remembering or concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Washing all over or dressing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Communicating, using your usual language, for example understanding or being understood by others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q041 - q78: Q78. HOUSEHOLD INCOME**

Single coded

**Not back**

Which best describes your household's annual income before tax?

**Normal**

1	\$30,000 or less a year
2	\$30,001 - \$40,000
3	\$40,001 - \$60,000
4	\$60,001 - \$80,000
5	\$80,001 - \$100,000
6	\$100,001 - \$120,000
7	\$120,001 - \$160,000
8	\$160,001 - \$200,000
9	Over \$200,000
999	Prefer not to say / don't know *Fixed *Exclusive

**Q042 - q102: Q102. DATE OF BIRTH**

Numeric

**Not back** | **Min = 0** | **Max = 0**

When were you born?

**Q043 - Q79: Q79. RECONTACT CONSENT**

Single coded

**Not back**

Those are all the questions we have for you today. ; It is likely that more in-depth research will be carried out on this topic in the future.

Are you willing to provide your contact details so that Kantar Public or Sport New Zealand are able to contact you and invite you to take part in further research?

Please note: providing your contact details does not put you under any obligation to participate.

**Normal**

1	Yes
2	No

**Q044 - q104: Q104. CONSENT FOR DATA TO BE LINKED TO THE IDI**

Single coded

**Not back**

To understand more about the physical activity of New Zealanders, Sport NZ would like to share and/or combine your survey responses with other information about you held by Sport NZ and/or other third parties. Sport NZ will ensure any information that could be used to identify you will be removed after your survey responses have been combined with other information about you, and the combined information will be used by authorised parties for research purposes only.

Do you consent to Sport NZ sharing and/or combining your survey responses with other information about you for this purpose?

**Normal**

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**Q045 - q105: Q105. CONSENT FOR THE DATA OF 12-17 YEAR OLDS TO BE LINKED TO THE IDI**

Single coded

**Not back**

Your consent is also required for Sport NZ to share and/or combine the survey responses of your child with other information held by Sport NZ and/or other third parties to understand more about the physical activity of New Zealanders. Sport NZ will ensure that any information that could be used to identify your child will be removed after their survey responses have been combined with other information about them, and the combined information will be used by authorised parties for research purposes only.

Do you consent to Sport NZ sharing and/or combining your child's survey responses with other information about them for this purpose?

**Normal**

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

**Q046 - q80: Q80. RECONTACT INFORMATION**

Alpha

**Not back**

**[IF q79=1]** Please provide your contact details below. These details will also be used if you are the winner of the \$500 Prezzy Card. Terms and conditions for the prize draw can be found here.

**[IF Q79=2]** Please provide your contact details below so that we can contact you if you are the winner of the \$500 Prezzy Card. Please be assured that these details will only be used to contact the winner of the prize draw. Terms and conditions for the prize draw can be found here.

**B003 - DEMOGS: FINAL DEMOGRAPHICS**

End block

**Q047 - DUMMY: REDIRECT TO YOUTH SURVEY**

Single coded

**Not back | Dummy**

SEE SCRIPTER NOTES

**Normal**

- |   |       |
|---|-------|
| 1 | DUMMY |
|---|-------|

**Q048 - POSTQ81: SUBMISSION SCREEN TEXT**

Text

**Not back**

Those are all the questions we have for you today. Thank you very much for your time. Should you have any queries, please do not hesitate to contact us at [activenz@kantar.com](mailto:activenz@kantar.com).

