

# Godin Leisure-Time Exercise Questionnaire

## Activity component(s) assessed:

Leisure-time

## Time frame of recall:

Usual activity with no specified time component

## Original mode of administration:

Self-administered

## Primary source of information:

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## Primary reference:

GODIN, G. and R. J. SHEPHARD. A simple method to assess exercise behavior in the community. *Can. J. Appl. Sport Sci.* 10:141-146, 1985.

## RELIABILITY AND VALIDITY STUDIES

TABLE 11. Reliability studies of the Godin Leisure-Time Exercise Questionnaire.

Reference	Methods	Sample	Summary Results	
Godin and Shephard (5)	Relationships between first test and 2-wk retest for activity categories, total score, and sweat question (correlation coefficients)	53 healthy adults	Light Moderate Strenuous Total Sweat	0.48* 0.46* 0.94* 0.74* 0.80*
Sallis et al. (14)	Relationships between first test and 2-wk retest of the Godin total score (correlation coefficients)	319 male and female 5th, 8th, and 11th grade students: 69% White, 12% Black, 10% Latino, 9% Asian	5th grade 8th grade 11th grade Total sample	0.69* 0.80* 0.96* 0.81*
Jacobs et al. (11)	Relationships between first test and 1-mo retest for activity categories, total score, and sweat question (correlation coefficients)	28 males and 50 females, predominantly Caucasian between the ages of 20 and 59 yr	Light Moderate Strenuous Total Sweat	0.24* 0.36* 0.84* 0.62* 0.69*

\*  $P < 0.05$ .

TABLE 12. Validation studies of the Godin Leisure-Time Exercise Questionnaire.

Reference	Methods	Sample	Summary Results	
Godin and Shephard (5)	Relationships with maximum oxygen consumption ( $VO_2$ max) and body fat (BF) (Pearson correlations); Discriminant analysis to classify individuals by $VO_2$ max and BF with activity data	163 men and 143 women between the ages of 18 and 65 yr	Strenuous Moderate Light Total Sweat % correctly classified	$VO_2$ max BF 0.38* 0.21* 0.03 0.08 0.04 0.06 0.24* 0.13* 0.26* 0.21* 69% 66%
Jacobs et al. (11)	Relationships between leisure score and sweat question and Caltrac (CAL), FWH, treadmill time (TRM), % body fat (BF), forced expiratory volume (FEV), and maximum oxygen consumption ( $VO_2$ max) (correlation coefficients)	28 males and 50 females predominantly Caucasian between the ages of 20 and 59 yr	CAL† FWH TRM BF FEV $VO_2$ max	Leisure Sweat 0.32* 0.29* 0.36* 0.31* 0.57* 0.52* -0.43* -0.40* 0.03 -0.11 0.56* 0.57*
Sallis et al. (14)	Relationships between total Godin score and other activity measures (correlation coefficients)	102 male and female 5th, 8th, and 11th grade students	Activity rating scale Kilocal/d	0.32* 0.39*
Miller et al. (12)	Relationships between total Godin score and kcal estimates from the Caltrac activity monitor and questionnaires (Spearman correlations)	26 female and 7 male physical therapists with a mean age of 28 yr	CAL Questionnaires NASA Baecke	0.45* 0.54* 0.61*

\*  $P < 0.05$ .

† MET-min/day.

FWH = 4-wk physical activity history derived from the Minnesota Leisure-Time Physical Activity Questionnaire.

## Godin Leisure-Time Exercise Questionnaire

Considering a **7-Day period** (a week), how many times on the average do you do the following kinds of exercise for **more than 15 minutes** during your **free time** (write on each line the appropriate number).

**Times Per  
Week**

**a) STRENUOUS EXERCISE**

**(HEART BEATS RAPIDLY)**

(i.e. running, jogging, hockey, football, soccer, squash, basketball, cross country skiing, judo, roller skating, vigorous swimming, vigorous long distance bicycling)

\_\_\_\_\_

**b) MODERATE EXERCISE**

**(NOT EXHAUSTING)**

(i.e. fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing)

\_\_\_\_\_

**c) MILD EXERCISE**

**(MINIMAL EFFORT)**

(i.e. yoga, archery, fishing from river bank, bowling, horseshoes, golf, snow-mobiling, easy walking)

\_\_\_\_\_

2. Considering a 7-Day period (a week), during your leisure-time, how often do you engage in any regular activity long enough to work up a sweat (heart beats rapidly)?

OFTEN

1.

SOMETIMES

2.

NEVER/RARELY

3.

Note: Single questions have been validated from this questionnaire and used independently in published studies (4,8,9,10).

## INSTRUCTIONS

The individual is asked to complete a self-explanatory, brief four-item query of usual leisure-time exercise habits.

## CALCULATIONS

For the first question, weekly frequencies of strenuous, moderate, and light activities are multiplied by nine, five, and three METs, respectively (5). Total weekly leisure activity is calculated in arbitrary units by summing the products of the separate components, as shown in the following formula:

$$\text{Weekly leisure activity} = (9 \times \text{Strenuous}) + (5 \times \text{Moderate}) + (3 \times \text{Light})$$

The second question is used to calculate the frequency of responses to the question regarding the frequency of weekly leisure-time activity "long enough to work up a sweat" (see questionnaire).

## EXAMPLE

Strenuous = 3 times/wk

Moderate = 6 times/wk

Light = 14 times/wk

$$\text{Total leisure activity score} = (9 \times 3) + (5 \times 6) + (3 \times 14) = 27 + 30 + 42 = 99$$

## OTHER STUDIES USING THE QUESTIONNAIRE

In addition to the references cited above, other studies have used the Godin Leisure-Time Exercise Questionnaire (1,2,3,6,7,13).

## REFERENCES

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