

Name: _____

Class: _____

SCAFFOLD

Youth Physical Activity Promotion model (YPAP) survey

Predisposing (Am I able?)		Scale				
1	I am confident I could try/play the new physical activity	SA ⁵	A ⁴	N ³	D ²	SD ¹
2	I am good at physical activity and sport	SA ⁵	A ⁴	N ³	D ²	SD ¹
3	I am competent in the skills I would need to play the new physical activity	SA ⁵	A ⁴	N ³	D ²	SD ¹
4	I am confident I could master the skills required to participate in the physical activity	SA ⁵	A ⁴	N ³	D ²	SD ¹
Is it worth it?						
5	I would enjoy participating in the new physical activity	SA ⁵	A ⁴	N ³	D ²	SD ¹
6	I have a positive attitude towards being physically active	SA ⁵	A ⁴	N ³	D ²	SD ¹
7	I believe being active is good for me	SA ⁵	A ⁴	N ³	D ²	SD ¹
8	I can't be bothered trying a new physical activity (Note: subtract score for negative statement)	SA ⁵	A ⁴	N ³	D ²	SD ¹
9	I expect participation in the new physical activity would improve my fitness/health	SA ⁵	A ⁴	N ³	D ²	SD ¹
10	Being active is important to me	SA ⁵	A ⁴	N ³	D ²	SD ¹
Reinforcing factors						
11	My parent A is regularly active	SA ⁵	A ⁴	N ³	D ²	SD ¹ NA
12	My parent B is regularly active	SA ⁵	A ⁴	N ³	D ²	SD ¹ NA
13	My siblings are regularly active	SA ⁵	A ⁴	N ³	D ²	SD ¹ NA
14	My parents/guardian remind me to be active	SA ⁵	A ⁴	N ³	D ²	SD ¹ NA
15	My parents/guardian encourage me to be active	SA ⁵	A ⁴	N ³	D ²	SD ¹ NA
16	My parents/guardian praise me for being physically active	SA ⁵	A ⁴	N ³	D ²	SD ¹ NA
17	My peers are regularly active	SA ⁵	A ⁴	N ³	D ²	SD ¹ NA
18	My peers encourage me to be regularly active	SA ⁵	A ⁴	N ³	D ²	SD ¹ NA
19	My coach encourages me to try new physical activities	SA ⁵	A ⁴	N ³	D ²	SD ¹ NA
Enabling factors						
20	How would you rate your personal fitness level from 1–10? (1 = not at all fit – 10 = very fit)					
21	My school has PE timetabled how many times per week	5	4	3	2	1
22	I have walking trails near my house	Yes ²	No ¹			
23	I can access programs in my community	Yes ²	No ¹			
24	I can access physical activity facilities in my local community	Yes ²	No ¹			
25	I can access interschool sport teams in my school	Yes ²	No ¹			
26	I can access lunchtime activities at my school	Yes ²	No ¹			
27	I have a park within walking distance from my home	Yes ²	No ¹			

Predisposing (Am I able?)		Scale
Enabling factors		
28	I have exercise equipment in my home	Yes ² No ¹
29	How big is your yard/outdoor space to play in	V Large ⁵ Large ⁴ Medium ³ Small ² No yard ¹
30	How long do you spend outdoors per day	5+ h ⁵ 3-5h ⁴ 1-2h ³ less than 1h ² None ¹

Add up your total _____ score
 The higher the score, the more likely you are to be regularly active.