



# 2011 Compendium Of Physical Activities Pdf

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suitcase), level ground or downstairs. Purpose: The Compendium of Physical Activities was developed to enhance the comparability of results across studies using self-report physical activity (PA) and is This site is designed to provide the updated Adult Compendium of Physical Activities and additional resources. Purpose: The Compendium of Physical Activities was developed to enhance the comparability of results across studies using self-report physical activity (PA) and is Tags tennis, hitting balls, non-game play, moderate effort carryingpound load (e.g. carryingtolb load, upstairs using crutches walking, mph, level, firm surface, very brisk pace kayaking, moderate effort snorkeling (Taylor Code) We provide an updated version of the Compendium of Physical Activities, a coding scheme that Compendium of Physical Activities CODE METS MAJOR HEADING SPECIFIC ACTIVITIES \*Italicized codes and METs are estimated valuesbicycling bicycling, mountain, uphill, vigorousbicycling bicycling, mountain, competitive, racingbicycling bicycling, BMX The Compendium coding scheme links a five-digit code that describes physical activities by major headings (e.g., occupation, transportation, etc.) and specific activities within each major heading with its intensity, defined as the ratio of work metabolic rate to a standard resting metabolic rate (MET) The Compendium is an update of a system for quantifying the energy cost of adult human PA and is a living document that is moving in the direction of being % evidence based. carryingtolb load, upstairs using crutches walking, Abstract. suitcase), level ground or downstairs. The update identifies and updates MET codes PMIDDOI: Abstract. Key Words: EXERCISE, EXERTION, ENERGY EXPENDITURE, METABOLIC, OXYGEN UPTAKE, KILOCALORIE Purpose: The Compendium of Physical Activities was developed to enhance the comparability of results across studies using self-report physical activity (PA) and is used to quantify the energy cost of a wide variety of PA. We provide the second update of the Compendium, called the Compendium tennis, hitting balls, non-game play, moderate effort carryingpound load (e.g.