

Questionnaire: Individual with spinal cord injury

Demographics

1. What is your nationality?

2. What is your age?

3. What level is your spinal cord injury? *E.g. C6, T8.*

4. What is your injury completeness? (*E.g. ASIA A-D if known, if not then complete/incomplete*)

5. How many years have you had your spinal cord injury?

The following questions relate to **AEROBIC** exercise.

Exercise prescription is characterised by the *Frequency* (i.e. *times per week*), *Intensity*, *Time* (duration of a session), and the *Type of exercise*.

6. Rank these aspects in order of importance when conducting **AEROBIC** exercise? (1 = most important, 4 = least important. Write the appropriate number in the box next to the description)

Frequency	
Intensity	
Time (duration)	
Type	

7. For each of these aspects, how **often** do you consider these when conducting **AEROBIC** exercise? (Put an X in each row under your answer)

	Never	Rarely	Sometimes	Often	Always
Frequency					
Intensity					
Time					
Type					

8. When performing **AEROBIC** exercise, how often do you have a target intensity for that session? (Put an X in the box under your answer)

Never	Rarely	Sometimes	Often	Always

There are lots of methods for prescribing **AEROBIC** exercise intensity.

9. What is your **AWARENESS** of using each of these measures for prescribing **AEROBIC** exercise intensity? (Put an X in each row under your answer)

	Never	Rarely	Sometimes	Often	Always
Oxygen uptake					
Heart rate					
Blood lactate concentration					
Rating of perceived exertion					
Talk Test					
Feeling Scale					
Power output					
Speed					

10. How **FREQUENTLY** do you use each of these measures for prescribing **AEROBIC** exercise intensity? (*Put an X in each row under your answer*)

	Never	Rarely	Sometimes	Often	Always
Oxygen uptake					
Heart rate					
Blood lactate concentration					
Rating of perceived exertion					
Talk Test					
Feeling Scale					
Power output					
Speed					

11. How **IMPORTANT** do you think each of these measures are for prescribing **AEROBIC** exercise intensity? (*Put an X in each row under your answer*)

	Not at all	Slightly	Moderately	Very	Extremely
Oxygen uptake					
Heart rate					
Blood lactate concentration					
Rating of perceived exertion					
Talk Test					
Feeling Scale					
Power output					
Speed					

12. How **USEFUL** do you think each of these measures are for prescribing **AEROBIC** exercise intensity? (*Put an X in each row under your answer*)

	Not at all	Slightly	Moderately	Very	Extremely
Oxygen uptake					
Heart rate					
Blood lactate concentration					
Rating of perceived exertion					
Talk Test					
Feeling Scale					
Power output					
Speed					

There are lots of cues that a person could use for monitoring their **AEROBIC** exercise intensity

13. What is your **AWARENESS** of using each of these for monitoring **AEROBIC** exercise intensity? (*Put an X in each row under your answer*)

	Not at all	Slightly	Moderately	Very	Extremely
Heart rate					
Breathing rate					
Breathing depth					
Sweat rate					
Body temperature					
Skin temperature					
Muscle temperature					
Ability to talk					
Enjoyment level					
Affect (feeling good/bad)					
Concentration level					
Attentional focus					

14. How **FREQUENTLY** do you use each of these for monitoring **AEROBIC** exercise intensity? (*Put an X in each row under your answer*)

	Not at all	Slightly	Moderately	Very	Extremely
Heart rate					
Breathing rate					
Breathing depth					
Sweat rate					
Body temperature					
Skin temperature					
Muscle temperature					
Ability to talk					
Enjoyment level					
Affect (feeling good/bad)					
Concentration level					
Attentional focus					

15. How **IMPORTANT** do you think each of these for monitoring **AEROBIC** exercise intensity? (*Put an X in each row under your answer*)

	Not at all	Slightly	Moderately	Very	Extremely
Heart rate					
Breathing rate					
Breathing depth					
Sweat rate					
Body temperature					
Skin temperature					
Muscle temperature					
Ability to talk					
Enjoyment level					
Affect (feeling good/bad)					
Concentration level					
Attentional focus					

16. How **USEFUL** do you think each of these are for measuring **AEROBIC** exercise intensity? (*Put an X in each row under your answer*)

	Not at all	Slightly	Moderately	Very	Extremely
Heart rate					
Breathing rate					
Breathing depth					
Sweat rate					
Body temperature					
Skin temperature					
Muscle temperature					
Ability to talk					
Enjoyment level					
Affect (feeling good/bad)					
Concentration level					
Attentional focus					

Exercise guidelines for people with spinal cord injury recommend people perform “**moderate**” to “**vigorous**” intensity exercise.

17. How **USEFUL** are the terms “moderate” and “vigorous” for prescribing **AEROBIC** exercise intensity? (*Put an X in each row under your answer*)

	Not at all	Slightly	Moderately	Very	Extremely
Moderate					
Vigorous					

18. How **APPROPRIATE** are the terms “moderate” and “vigorous” for prescribing **AEROBIC** exercise intensity? (*Put an X in each row under your answer*)

	Not at all	Slightly	Moderately	Very	Extremely
Moderate					
Vigorous					

19. Do the terms “moderate” and “vigorous” provide enough information for prescribing a suitable **AEROBIC** intensity? (*Put an X in each row under your answer*)

	Not at all	Slightly	Moderately	Very	Extremely
Moderate					
Vigorous					

20. Of the following statements, select those which **you** associate with **moderate** intensity **AEROBIC** exercise. (*Put an X in the box next to those that apply, otherwise leave blank*)

Activities require very light work		Breathing is normal		You're working hard, almost at your maximum	
Heart rate stays normal, or a bit increased		Skin might be sweaty		Muscles are loose and relaxed	
You will require some concentration		You're working a little bit, but not too hard		Skin isn't sweaty	
Heart rate is much faster than normal		You can hold a normal conversation		You might feel very alert	
Muscles burn, are tight and tense		Heart rate is faster than normal, but not extreme		Breathing is faster than normal	
Activities require some physical effort		You can speak 1 or 2 sentences		You're working somewhat hard	
Skin is a little sweaty		Skin is a little warmer than usual		Muscle feel worked	
Speaking more than a few words is difficult		Breathing is much faster than normal		Skin is normal temperature	
Skin is much warmer than normal		Activities require a lot of physical effort		You require full concentration	
Muscles aren't tired		No concentration is required		Muscles feel much warmer than usual	

21. Of the following statements, select those which **you** associate with **vigorous** intensity **AEROBIC** exercise. (Put an X in the box next to those that apply, otherwise leave blank)

Activities require very light work		Breathing is normal		You're working hard, almost at your maximum	
Heart rate stays normal, or a bit increased		Skin might be sweaty		Muscles are loose and relaxed	
You will require some concentration		You're working a little bit, but not too hard		Skin isn't sweaty	
Heart rate is much faster than normal		You can hold a normal conversation		You might feel very alert	
Muscles burn, are tight and tense		Heart rate is faster than normal, but not extreme		Breathing is faster than normal	
Activities require some physical effort		You can speak 1 or 2 sentences		You're working somewhat hard	
Skin is a little sweaty		Skin is a little warmer than usual		Muscle feel worked	
Speaking more than a few words is difficult		Breathing is much faster than normal		Skin is normal temperature	
Skin is much warmer than normal		Activities require a lot of physical effort		You require full concentration	
Muscles aren't tired		No concentration is required		Muscles feel much warmer than usual	