

Additional File 2. Physical Activity and Sedentary Activity Questionnaire Details

Godin-Shephard Leisure-Time Physical Activity: The questionnaire asked students, “In a usual week, how many hours do you spend doing the following activities: strenuous physical activity (heart beats rapidly), moderate physical activity (not exhausting), and mild physical activity (little effort).” The response options were: none, less than ½ hour per week, ½-2 hours per week, 2½-4 hours per week, 4½-6 hours per week, and more than 6 hours per week. Daily physical activity was calculated and moderate-to-vigorous physical activity (MVPA) was computed by summing the total time spent on strenuous and moderate activity.

Sedentary Activity Question: Sedentary activities were also measured by asking: “Yesterday, how much time did you spend in front of a screen (excluding time in class and being physically active)?” Response options included a range from zero to greater than 6 hours which were summed to calculate total time spent doing sedentary activities.