

Appendix 1 – Questionnaire

1. What Medical school do you currently study at?	Text box to be filled by students
2. What is your university email address?	Text box to be filled in by students – email address
3. What year are you currently in?	Drop down menu of: <ul style="list-style-type: none"> • Undergrad Year 0 • Undergrad Year 1 • Undergrad Year 2 • Undergrad Year 3 • Undergrad Intercolated Year • Undergrad Year 4 • Undergrad Year 5 • Postgrad Year 1 • Postgrad Year 2 • Postgrad Year 3 • Postgrad Year 4
4. Are you male or female?	Multiple choice option 'male' or 'female'
5. Have you had any previous experience in Sports and Exercise Science/Medicine? E.g. a previous related degree (i.e Bsc SEM) or personal trainer qualification	Multiple choice option 'yes' or 'no'
6. If you have answered yes to the previous question, please give details below	Text box to be filled in by student
For the following questions 8-13 please indicate your agreement with the statements by selecting a number 1 Strongly disagree, 2 Disagree, 3 Neither agree nor disagree, 4 Agree, 5 Strongly agree	
7. 'Physical activity (PA) is important in preventing disease'	Multiple choice options as above
8. 'PA is important in treating disease'	Multiple choice options as above
9. 'Advising patients about PA is an important part of a doctor's job'	Multiple choice options as above
10. 'I am confident advising patients on PA'	Multiple choice options as above
11. 'I am confident I know the Chief Medical Officer's (CMO) adult PA guidelines'	Multiple choice options as above
12. 'I feel confident that I could raise the issue of PA with a patient presenting with an unrelated problem'	Multiple choice options as above
13. 'To gain health benefits of PA, which of the following fulfills the current UK guidelines for adults, endorsed by the chief medical officer?'	Multiple choice options: <ol style="list-style-type: none"> a. 20 min moderate intensity activity at least 5 days a week b. 60 min moderate intensity activity twice a week c. 30 min moderate intensity activity at least 5

	<p>days a week</p> <p>d. 60 min vigorous intensity activity once a week</p> <p>e. 30 min vigorous intensity activity twice a week</p>
<p>14. Generally, an exercise program prescribed to a patient with osteoarthritis should include:</p>	<p>Multiple choice options:</p> <p>a. Aerobic and flexibility exercises</p> <p>b. Flexibility and strengthening exercises</p> <p>c. Strengthening and aerobic exercises</p> <p>d. Aerobic, flexibility and strengthening exercises</p> <p>15</p>
<p>15. Which of the following fulfills the current American Cancer Society guidelines for cancer survivors</p>	<p>a. 10-20 min moderate-vigorous intensity activity at least 5 days a week</p> <p>b. 60 min moderate intensity activity twice a week</p> <p>c. 30-60 min moderate-vigorous intensity activity at least 5 days a week</p> <p>d. 60 min vigorous intensity activity once a week</p> <p>e. 30 min moderate intensity activity at least 5 days a week</p>
<p>16. Mr JC has made an appointment with his GP with regards to concerns he has about his weight. Mr JC is 45 years old and currently has a BMI of 28.4 (weight=95kg height=182.9cm). He recalls being of a healthier weight when he was younger and used to play football for a local team until 5 years ago. Mr JC has no other significant medical history and is not taking any regular medications. Which of the below options is most appropriate in the management of this case?</p>	<p>Multiple choice options:</p> <p>a. Mr JC should undergo further investigations prior to initiating exercise</p> <p>b. It is not safe for Mr JC to begin exercising</p> <p>c. The GP should complete a brief physical examination and discuss setting exercise goals with Mr JC</p>
<p>17. Mrs BA is a 60-year-old female. Mrs BA has been a smoker for the past 10 years, smoking approximately 10 cigarettes/day during this time. She also consumes approximately 10 units of alcohol per week. She has a BMI of 26.5 (weight=75kg height=168cm). Her recent blood pressure readings over the past few months have all ranged between 180/102 and 190/110. Which of the below options is most appropriate in the management of this case?</p>	<p>Multiple choice options:</p> <p>a. It is not safe for Mrs BA to begin exercising</p> <p>b. A physical activity regimen should be prescribed</p> <p>c. Further investigation or treatment</p>