

Supplementary File - QAPA - Questionnaire General instruction

Think about yourself and answer if you agree, slightly agree, or disagree with the phrases below and check the answer options for each question: (3) I agree; (2) I slightly agree; (1) I do not agree.

Questions (translated from Portuguese by an expert English teacher):

- 1- I think my body weight is normal for my age;
- 2- I can stretch and reach the tip of the feet without flexing (bending) the knees;
- 3- I like to do abdominal exercises, I can do it easily;
- 4- I can do physical strength exercises easily, for example (hanging, jumping, lifting heavy objects, doing supports on the floor, doing squats, getting up off the floor with ease);
- 5- I can walk/run for a long time without feeling tired and without feeling pain in my legs;
- 6- I can run very fast, so fast as my colleagues that running faster;
- 7- If I had the opportunity today, I think I could do well, without tiring, the activities of running a thousand meters, playing football, cycling, playing handball, playing basketball, swimming quickly;
- 8- I think I play better games involving running than on cell phones, video games, and or computers;
- 9- In general, I think I can do any type of physical exercise well;
- 10- In general, when I'm exercising, I can breathe well, without feeling short of breath.