Description of Self-reported Physical Fitness Questionnaire: Flexibility

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| --- | --- |
| Function | Softness, self-care, flexibility |
| Relevance | Physical health, quality of life, daily activities |
| Target | General |
| Respondent | Adult women |
| Feature | 4 items in 5-point rating scale |
| Reliability | .78 |
| References | Chik, T. K. (2007). *Development of a Self-reported Physical Fitness Questionnaire* (Master dissertation, The Chinese University of Hong Kong). |

Scoring of Self-reported Physical Fitness Questionnaire: Flexibility

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Response | Always true | Usually true | Sometimes true | Seldom true | Never true |
| Score for Items 1-4 (Reverse-coded) | 100 | 75 | 50 | 25 | 0 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Appreciation  |
| 30-70 | Some concern for intervention |
| 0-30 | Great concern for intervention |