Supplementary File B

Pre-sessional questionnaire

Please complete this short questionnaire. This provides background information for the study.

Demographics

1. What is your age?

   years

2. What is your gender?

3. What is your year of study on the Barts and The London MBBS programme?

4. What is a rough estimate of the average hours you spend exercising per week?

   hrs    mins
Physical Activity Habits

1. During a typical 7-day period (a week), how many times on average do you do the following types of exercise during your free time? (Write on each line the appropriate number/s)

<table>
<thead>
<tr>
<th>Type of Exercise</th>
<th>How long do you do the exercise for?</th>
<th>Number of times / week</th>
</tr>
</thead>
</table>
| a) **HIGH-INTENSITY EXERCISE**  
  (Exertion to a level you are unable to talk as are too breathless)  
  E.g. running, jogging, hockey, football/soccer, netball, hockey, squash, basketball, cross-country skiing, judo, roller skating, vigorous swimming, vigorous long-distance cycling | Hours ____  
  Mins ____ | |
| b) **MODERATE-INTENSITY EXERCISE**  
  (Exertion to a level you are able to talk but not sing)  
  E.g. fast walking, baseball, tennis, easy cycling, volleyball, badminton, easy swimming, dancing | Hours____  
  Mins____ | |
| c) **LIGHT-INTENSITY EXERCISE**  
  (Slightly breathless but you would be able to talk and sing)  
  E.g. yoga, archery, fishing, bowling, golf, easy walking) | Hours____  
  Mins____ | |

Pre-sessional Interview

Researcher starts audio-recording now and asks the following questions:

1. What is your existing understanding of physical activity as a health tool?

2. What is your current experience and opinions towards e-learning resources aimed at and designed for medical students