Intensiteit, spier/botversterking en balans

In dit document staan achtereenvolgens de sporten en de overige activiteiten vermeld. Versie 7/8/25: Aanpassing codes en MET waarden.

**Sporten**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sportgroep en hoofdcode** | | | **Ainsworth code** | **MET**  **waarde** | **SPIER**  **en BOT** | **SPIER** | **BALANS** |
| *01* | *aerobics* | |  |  |  |  |  |
|  | 0101 | aerobics | 03015 | 6,0 | 1 |  | 1 |
|  | 0102 | aqua aerobics | 18355 | 5,6 |  | 1 |  |
|  | 0103 | step aerobics | 03019 | 7,3 | 1 |  | 1 |
|  | 0104 | zumba | 03015 | 6,0 | 1 |  | 1 |
| *02* | *atletiek* |  |  |  |  |  |  |
|  | 0201 | atletiek | 12010 | 6,0 | 1 |  |  |
|  | 0202 | Looponderdelen | 15734 | 10,0 | 1 |  |  |
|  | 0203 | Springonderdelen | 15733 | 6,0 | 1 |  | 1 |
|  | 0204 | Werponderdelen | 15732 | 4,0 |  | 1 | 1 |
|  | 0205 | Meerkampen | 12180 | 15,8 | 1 |  |  |
|  | 0206 | Marathon | 12200 | 13,3 | 1 |  |  |
| *03* | *badminton* | |  |  |  |  |  |
|  | 0301 | badminton | 15020 | 7,2 | 1 |  |  |
|  | 0302 | zitbadminton | 15030 | 5,5 | 1 |  |  |
| *04* | *ballet/dansen* | |  |  |  |  |  |
|  | 0401 | Ballet | 3010 | 6,0 | 1 |  | 1 |
|  | 0402 | Dansen | 3040 | 6,4 | 1 |  | 1 |
|  | 0403 | Ballroom dansen | 3030 | 7,8 | 1 |  | 1 |
|  | 0404 | Rolstoeldansen | 90580 | 3,1 |  | 1 |  |
|  | 0405 | Hip hop/streetdance | 3031 | 9,8 | 1 |  | 1 |
|  | 0406 | Tapdansen | 3014 | 4,8 | 1 |  | 1 |
|  | 0407 | Volksdansen | 3025 | 4,75 | 1 |  | 1 |
|  | 0408 | baton twirlen | 10130 | 4,0 | 1 |  | 1 |
| *05* | *basketbal* | |  |  |  |  |  |
|  | 0501 | Basketbal | 15055 | 7,1 | 1 |  |  |
|  | 0502 | Rolstoelbasketbal | 90501 | 4,15 |  | 1 |  |
| *06* | *biljarten* | |  |  |  |  |  |
|  | 0601 | biljarten | 15080 | 2,5 |  |  |  |
| *07* | *bowlen* |  |  |  |  |  |  |
|  | 0701 | Bowlen | 15090 | 3,4 |  | 1 | 1 |
| *08* | *cricket* |  |  |  |  | |  |
|  | 0801 | cricket | 15150 | 4,8 | 1 | |  |
| *09* | *darts* |  |  |  |  | |  |
|  | 0901 | darts | 15180 | 2,5 |  | |  |
| *10* | *denksport* | |  |  |  | |  |
|  | 1001 | Dammen en schaken | 9013 | 1,5 |  | |  |
|  | 1002 | Gezelschapsspellen | 9000 | 1,3 |  | |  |
|  | 1003 | Puzzelen | 9000 | 1,3 |  | |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sportgroep en hoofdcode** | | | **Ainsworth code** | **MET**  **waarde** | **SPIER**  **en BOT** | **SPIER** | **BALANS** |
|  | 1004 | Kaarten | 9010 | 1,5 |  |  |  |
| *11* | *fietsen* |  |  |  |  |  |  |
|  | 1101 | Fietsen | 1019 | 5,8 |  | 1 |  |
|  | 1102 | Aangepast fietsen | 1019 | 5,8 |  | 1 |  |
|  | 1103 | Electrische fiets / ebike | 1084 | 5,6 |  | 1 |  |
|  | 1104 | Wielrennen | 1050 | 12,0 |  | 1 |  |
|  | 1105 | Handbiken | 90110 | 4,3 |  | 1 |  |
|  | 1106 | Mountainbiken | 1009 | 8,5 |  | 1 |  |
| *12* | *fitness/conditietraining* | |  |  |  |  |  |
|  | 1201 | Fitness/Conditietraining (individueel – binnen) | 2060 | 5,5 |  | 1 |  |
|  | 1202 | Fysiofitness | 2035 | 5,0 |  | 1 |  |
|  | 1203 | Sporten in warmtecabine | 2045 | 3,5 |  |  |  |
|  | 1204 | Fitness/Conditietraining (groep – binnen) | 2062 | 7,8 | 1 |  |  |
|  | 1205 | Aquafitness | 18355 | 5,6 |  | 1 |  |
|  | 1206 | Boks/Kick workout | 15430 | 10,3 | 1 |  | 1 |
|  | 1207 | Spinning | 2019 | 8,5 |  | 1 |  |
|  | 1208 | Aqua spinning | 2019 | 8,5 |  | 1 |  |
|  | 1209 | Fitness/Conditietraining (groep – buiten) | 2008 | 4,8 |  | 1 |  |
| *13* | *golf/midgetgolf* | |  |  |  |  |  |
|  | 1301 | golf | 15255 | 4,5 | 1 |  |  |
|  | 1302 | Midgetgolf | 15270 | 3,3 |  |  |  |
|  | 1303 | Kolven | 15270 | 3,3 |  |  |  |
|  | 1304 | Beugelen | 15270 | 3,3 |  |  |  |
|  | 1305 | Croquet | 15160 | 3,3 |  |  |  |
| *14* | *handbal* | |  |  |  |  |  |
|  | 1401 | Handbal | 15330 | 8,0 | 1 |  |  |
|  | 1402 | Rolstoelhandbal | 15330 | 8,0 |  | 1 |  |
| *15* | *hardlopen/joggen* | |  |  |  |  |  |
|  | 1501 | Hardlopen | 12030 | 8,5 | 1 |  |  |
|  | 1502 | Joggen | 12020 | 7,5 | 1 |  |  |
|  | 1503 | Aqua joggen | 18366 | 9,8 |  | 1 |  |
| *16* | *hockey/ijshockey* | |  |  |  |  |  |
|  | 1601 | hockey | 15350 | 7,8 | 1 |  |  |
|  | 1602 | rolstoelhockey | 15350 | 7,8 |  | 1 |  |
|  | 1603 | lacrosse | 15460 | 8,0 | 1 |  |  |
|  | 1604 | onderwaterhockey | 18369 | 6,8 |  | 1 |  |
|  | 1605 | ijshockey | 15360 | 8,0 | 1 |  |  |
| *17* | *honkbal/softbal* | |  |  |  |  |  |
|  | 1701 | Honkbal | 15620 | 5,0 | 1 |  |  |
|  | 1702 | Softbal | 15620 | 5,0 | 1 |  |  |
|  | 1703 | Slagbal | 15620 | 5,0 | 1 |  |  |
| *18* | *jeu de boules* | |  |  |  |  |  |
|  | 1801 | jeu de boules | 15465 | 3,3 |  |  |  |
|  | 1802 | koersbal | 15465 | 3,3 |  |  |  |
|  | 1803 | kaatsen | 15465 | 3,3 | 1 |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sportgroep en hoofdcode** | | | **Ainsworth code** | **MET**  **waarde** | **SPIER**  **en BOT** | **SPIER** | **BALANS** |
|  | 1804 | klootschieten | 15465 | 3,3 | 1 |  |  |
|  | 1805 | kubb | 15465 | 3,3 |  |  |  |
| *19* | *klimsport* | |  |  |  |  |  |
|  | 1901 | klimsport | 15537 | 5,8 |  | 1 |  |
|  | 1902 | alpinisme | 19130 | 15,5 |  | 1 |  |
|  | 1903 | Bergwandelen | 17050 | 7,5 | 1 |  |  |
| *20* | *korfbal* |  |  |  |  |  |  |
|  | 2001 | korfbal | 15055 | 7,1 | 1 |  |  |
| *21* | *krachtsport* | |  |  |  |  |  |
|  | 2101 | krachtsport | 2050 | 6,0 |  | 1 |  |
|  | 2102 | calisthenics | 2022 | 3,5 |  | 1 |  |
|  | 2103 | worstelen | 15730 | 6,0 | 1 |  |  |
|  | 2104 | Touwtrekken | 2050 | 6,0 |  | 1 |  |
| *22* | *motorsport/autosport* | |  |  |  |  |  |
|  | 2201 | motorsport | 15470 | 4,0 |  | 1 |  |
|  | 2202 | autosport | 15470 | 4,0 |  | 1 |  |
| *23* | *paardensport* | |  |  |  |  |  |
|  | 2301 | Paardrijden | 15370 | 5,5 |  | 1 |  |
|  | 2302 | Paarden mennen | 15408 | 1,8 |  | 1 |  |
| *24* | *roeien/kanovaren* | |  |  |  |  |  |
|  | 2401 | roeien | 18050 | 5,8 |  | 1 |  |
|  | 2402 | Kanovaren | 18070 | 3,5 |  | 1 |  |
|  | 2403 | Kajakken | 18100 | 5,0 |  | 1 |  |
|  | 2404 | Raften | 18370 | 5,0 |  | 1 |  |
| *25* | *Rugby* |  |  |  |  |  |  |
|  | 2501 | Rugby | 15560 | 8,3 | 1 |  |  |
|  | 2502 | rolstoelrugby | 90540 | 2,7 |  | 1 |  |
|  | 2503 | American Football | 15230 | 8,0 | 1 |  |  |
| *26* | *schaatsen/skaten* | |  |  |  |  |  |
|  | 2601 | Baanschaatsen | 19030 | 7,0 |  | 1 |  |
|  | 2602 | Kunstschaatsen | 19018 | 14,0 |  | 1 |  |
|  | 2603 | Skaten en skeeleren | 15591 | 7,5 |  | 1 |  |
|  | 2604 | Rolschaatsen | 15590 | 7,0 |  | 1 |  |
|  | 2605 | Skateboarden | 15580 | 5,0 | 1 |  | 1 |
| *27* | *schermen/zwaardvechten* | |  |  |  |  |  |
|  | 2701 | schermen | 15200 | 6,0 |  | 1 |  |
|  | 2702 | zwaardvechten | 15200 | 6,0 |  | 1 |  |
| *28* | *schietsporten/boogschieten* | |  |  |  |  |  |
|  | 2801 | Schietsport | 4130 | 2,5 |  |  |  |
|  | 2802 | Jagen | 4100 | 5,0 | 1 |  |  |
|  | 2803 | Paintball | 4100 | 5,0 | 1 |  |  |
|  | 2804 | Boogschieten | 15010 | 4,3 |  | 1 |  |
| *29* | *skiën/snowboarden* | |  |  |  |  |  |
|  | 2901 | Skiën | 19075 | 7,0 | 1 |  | 1 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Sportgroep en hoofdcode** | | | **Ainsworth code** | **MET**  **waarde** | **SPIER**  **en BOT** | **SPIER** | **BALANS** |
|  | 2902 | Snowboarden | 19160 | 6,3 | 1 |  | 1 |
|  | 2903 | Langlaufen | 19090 | 8,5 | 1 |  |  |
| *30* | *sportduiken* | |  |  |  |  |  |
|  | 3001 | Sportduiken | 18200 | 7,0 |  | 1 |  |
| *31* | *sportvissen* | |  |  |  |  |  |
|  | 3101 | Sportvissen | 4001 | 3,5 |  |  |  |
| *32* | *squash* |  |  |  |  |  |  |
|  | 3201 | Squash | 15652 | 7,3 | 1 |  |  |
|  | 3202 | Racquetball | 15530 | 7,0 | 1 |  |  |
|  | 3203 | Ricochet | 15652 | 7,3 | 1 |  |  |
| *33* | *surfen/kiten* | |  |  |  |  |  |
|  | 3301 | Windsurfen | 18385 | 11,0 |  | 1 | 1 |
|  | 3302 | Golfsurfen | 18220 | 3,0 |  | 1 | 1 |
|  | 3303 | powerkiten | 18385 | 11,0 |  | 1 | 1 |
| *34* | *tafeltennis* | |  |  |  |  |  |
|  | 3401 | Tafeltennis | 15660 | 4,0 | 1 |  |  |
|  | 3402 | Rolstoeltafeltennis | 90545 | 2,7 |  | 1 |  |
|  | 3403 | Showdown | 15660 | 4,0 |  | 1 |  |
| *35* | *tennis* |  |  |  |  |  |  |
|  | 3501 | Tennis | 15675 | 6,8 | 1 |  |  |
|  | 3502 | Rolstoeltennis | 15675 | 6,8 |  | 1 |  |
|  | 3503 | Dynamic tennis | 15676 | 6,8 | 1 |  |  |
|  | 3504 | racketsport | 90550 | 4,1 | 1 |  |  |
|  | 3505 | padel | 15675 | 6,8 | 1 |  |  |
| *36* | *turnen/gymnastiek* | |  |  |  |  |  |
|  | 3601 | Turnen | 15300 | 3,8 | 1 |  | 1 |
|  | 3602 | Gymnastiek | 15300 | 3,8 | 1 |  | 1 |
|  | 3603 | Turnen/Gymnastiek (aangepast) | 15300 | 3,8 | 1 |  | 1 |
|  | 3604 | Fysio gym | 15300 | 3,8 |  | 1 | 1 |
|  | 3605 | Aqua gym | 18356 | 3,8 |  | 1 |  |
|  | 3606 | Bewegen op geautomatiseerde banken | 15300 | 3,8 |  |  |  |
| *37* | *(ultimate) frisbee* | |  |  |  |  |  |
|  | 3701 | ultimate frisbee | 15250 | 8,0 | 1 |  |  |
|  | 3702 | frisbee | 15240 | 3,0 | 1 |  |  |
| *38* | Vecht/verdedigingssporten | |  |  |  |  |  |
|  | 3801 | Vecht/verdedigingssporten | 15430 | 10,3 | 1 |  | 1 |
|  | 3802 | Judo/Jiu Jitsu | 15433 | 11,3 | 1 |  | 1 |
|  | 3803 | Karate | 15430 | 10,3 | 1 |  | 1 |
|  | 3804 | Kickboksen | 15430 | 10,3 | 1 |  | 1 |
|  | 3805 | boksen | 15100 | 12,3 | 1 |  | 1 |
|  | 3806 | capoeira | 15430 | 10,3 | 1 |  | 1 |
| *39* | *vliegsport* | |  |  |  |  |  |
|  | 3901 | Sportvliegen | 16020 | 1,8 |  |  |  |
|  | 3902 | Deltavliegen | 15340 | 3,5 |  | 1 |  |
|  | 3903 | Sky diving/Parachute springen | 15600 | 3,5 |  | 1 |  |
|  | 3904 | Modelvliegen | 11620 | 1,8 |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sportgroep en hoofdcode** | | | **Ainsworth code** | **MET**  **waarde** | **SPIER SPIER**  **en BOT** | **BALANS** |
| *40 voetbal* | | | | | | |
|  | 4001 | Voetbal | 15610 | 7,0 | 1 |  |
|  | 4002 | Speed soccer | 15605 | 9,5 | 1 |  |
|  | 4003 | Beach soccer | 15725 | 8,0 | 1 |  |
| *41* | *volleybal* | |  |  |  |  |
|  | 4101 | Volleybal | 15710 | 4,0 | 1 |  |
|  | 4102 | Aqua volleybal | 18365 | 3,0 | 1 |  |
|  | 4103 | Beach volleybal | 15725 | 8,0 | 1 |  |
|  | 4104 | Zitvolleybal | 15711 | 6,0 | 1 |  |
|  | 4105 | Lijnbal | 15720 | 3,0 | 1 |  |
|  | 4106 | Netbal | 15720 | 3,0 | 1 |  |
|  | 4107 | Goalball | 15711 | 6,0 | 1 |  |
|  | 4108 | Indiaca | 15720 | 3,0 | 1 |  |
| *42* | *wandelsport* | |  |  |  |  |
|  | 4201 | (Sportief) wandelen | 17200 | 4,8 | 1 |  |
|  | 4202 | Nordic walking | 17302 | 4,3 | 1 |  |
|  | 4203 | Wandeltochten | 17088 | 4,55 | 1 |  |
|  | 4204 | Wandelen met hulpmiddelen | 17140 | 4,5 | 1 |  |
| *43* | *waterpolo* | |  |  |  |  |
|  | 4301 | waterpolo | 18360 | 10,0 | 1 |  |
| *44* | *watersporten, overig* | |  |  |  |  |
|  | 4401 | Waterskien | 18150 | 6,0 | 1 | 1 |
|  | 4402 | Jetskien | 18160 | 7,0 | 1 |  |
| *45* | *wii fit / actief gamen* | |  |  |  |  |
|  | 4501 | wii fit | 22160 | 2,3 |  |  |
|  | 4502 | actief gamen | 22240 | 3,8 |  |  |
| *46* | *wintersporten, overig* | |  |  |  |  |
|  | 4601 | Sleeën | 19180 | 7,0 | 1 |  |
|  | 4602 | Curling | 15170 | 4,0 |  |  |
|  | 4603 | Rolstoelcurling | 15170 | 4,0 |  |  |
| *47* | *yoga* |  |  |  |  |  |
|  | 4701 | Yoga | 2175 | 2,3 |  | 1 |
|  | 4702 | Aqua Yoga | 2175 | 2,3 |  |  |
|  | 4703 | Power Yoga | 2160 | 4,0 | 1 | 1 |
|  | 4704 | Pilates | 2105 | 2,8 | 1 | 1 |
|  | 4705 | Aqua Pilates | 2105 | 2,8 | 1 |  |
|  | 4706 | Tai Chi | 15670 | 3,3 |  | 1 |
| *48* | *zeilen* |  |  |  |  |  |
|  | 4801 | Zeilen | 18120 | 3,0 | 1 |  |
|  | 4802 | Strandzeilen | 18120 | 3,0 | 1 |  |
|  | 4803 | IJszeilen | 18120 | 3,0 | 1 |  |
| *49* | *zwemmen* | |  |  |  |  |
|  | 4901 | Zwemmen | 18310 | 6,0 | 1 |  |
|  | 4902 | Snorkelen | 18210 | 5,0 | 1 |  |
|  | 4903 | Synchroonzwemmen | 18330 | 8,0 | 1 |  |
|  | 4904 | Schoonspringen | 18090 | 3,0 |  | 1 |
| *99* | *overige sporten* | |  |  |  |  |
|  | 990101 | Overige activiteiten |  | 2,5 |  |  |
|  | 990102 | Onduidelijke activiteiten |  | 2,5 |  |  |

**Overige activiteiten**

De eerste tabel geeft inzicht in de keuze voor een specifieke Ainsworth- of Butte-code. De tweede tabel geeft een vergelijkbaar overzicht als bij de sporten in termen van intensiteit, bot- en/of spierversterking en balans.

|  |  |  |  |
| --- | --- | --- | --- |
| **Activiteit** | **code** | **Activiteit** | **MET-**  **waarde** |
| **Woon-werkverkeer**  *Lopen*  *Fietsen*  **Werk en school** *Licht en matig intensief*  *Zwaar intensief*  *Bewegingsonderwijs*  *Schoolzwemmen Buitenspelen*  **Huishouden** *Licht en matig intensief*  *Zwaar intensief*  **Vrije tijd**  *Wandelen*  *Fietsen Tuinieren Klussen*  *Buitenspelen Zwemles* | 17270 | Walking to work or class | 4,0 MET |
| 17161 | Walking from house to car or bus etc | 2,5 MET |
|  | ***Gemiddeld\**** | *3,3 MET* |
| 01019 | Bicycling, leisure, 9.4 mph  sitting meetings, light effort, general, and/or with talking involved (e.g., eating at a business meeting) standing, moderate/heavy tasks (e.g., lifting more than 50 lbs, masonry, painting, paper hanging) Calisthenics/Gymnastics - Active Classroom Instruction  Swimming – Self selected pace Active Play - Free Play  cleaning, general (straightening up, changing linen, carrying out trash, light effort  multiple household tasks all at once, vigorous effort  slow walk household walking  walking for pleasure (Taylor Code 010)  walking to neighbor’s house  walking the dog  walking to and from outhouse | 5,8 MET |
| 11585 | 1,5 MET |
| 11630 | 4,5 MET |
| 30100X | 4,4 MET |
| 751801/2 | 9,3 MET |
| 101601/2 | 5,8 MET |
| 05040 | 2,5 MET |
| 05027 | 4,3 MET |
| 17085 | 2,5 MET |
| 17150 | 2,0 MET |
| 17160 | 3,5 MET |
| 17162 | 2,5 MET |
| 17165 | 3,0 MET |
| 17180 | 2,5 MET |
|  | ***Gemiddeld\**** | *2,7 MET* |
| 01019 | Bicycling, leisure, 9.4 mph gardening, general, moderate effort carpentry, general, workshop (Taylor Code 620)  Active Play - Free Play Swimming – Self selected pace | 5,8 MET |
| 08245 | 3,8 MET |
| 06040 | 3,0 MET |
| 101601/2 | 5,8 MET |
| 751801/2 | 9,3 MET |

\* Dit is de MET-waarde waarmee in de syntax wordt gewerkt.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Activiteit** | **code** | **MET**  **waarde** | **SPIER**  **en BOT** | **SPIER** | **BALANS** |
| *Woonwerkverkeer* |  |  |  |  |  |
| lopen | 17270 en  17160 | 3,3 MET | 1 | 1 |  |
| fietsen | 01019 | 5,8 MET |  | 1 |  |
| *Werk en school* |  |  | |  |  |
| licht en matig | 11585 | 1,5 MET | |  |  |
| zwaar | 11630 | 4,5 MET | |  |  |
| Bewegingsonderwijs | 30100X | 4,4 MET 1 | | 1 |  |
| Schoolzwemmen | 751801/2 | 9,3 MET |  | 1 |  |
| Buitenspelen | 101601/2 | 5,8 MET 1 | | 1 |  |
| *Huishouden* |  |  | |  |  |
| Licht en matig | 05040 | 2,5 MET | |  |  |
| Zwaar | 05027 | 4,3 MET | |  |  |
| *Vrije tijd* |  |  | |  |  |
| Wandelen | 17085 | 2,5 MET 1 | | 1 |  |
|  | 17150 | 2,0 MET |  |  |  |
|  | 17160 | 3,5 MET |  |  |  |
|  | 17162 | 2,5 MET |  |  |  |
|  | 17165 | 3,0 MET |  |  |  |
|  | 17180 | 2,5 MET |  |  |  |
|  | *Gemiddeld* | *2,7 MET* |  |  |  |
| Fietsen | 01019 | 5,8 MET |  | 1 |  |
| Tuinieren | 08245 | 3,8 MET | \*\* | \*\* |  |
| Klussen | 06040 | 3,0 MET | \*\*\* | \*\*\* |  |
| Buitenspelen | 101601/2 | 5,8 MET | 1 | 1 |  |
| Zwemles | 751801/2 | 9,3 MET |  | 1 |  |

\*\*Tuinieren is niet meegenomen als bot en of/ spierversterkend. Motivatie: in de vragenlijst wordt gevraagd naar tuinieren in het algemeen; dus er worden ook (en waarschijnlijk ook vooral) activiteiten ingevuld zoals oude bloemen verwijderen en een rondje door de tuin om sprietjes weg te trekken, elektrisch maaien etc. In het kader van conservatief schatten, wordt dit onderdeel daarom niet meegeteld.

\*\*\* Klussen is niet meegenomen als bot en/of spierversterkend. Motivatie: in de vragenlijst wordt gevraagd naar klussen in het algemeen. De specifieke klusactiviteit is dus niet bekend. In het kader van conservatief schatten wordt dit onderdeel daarom niet meegeteld.