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# Human Activity Profile

National Cancer Institute

## Source

National Cancer Institute. *Human Activity Profile*. NCI Thesaurus. Code C48948.

A self-administered instrument designed to measure energy expenditure or physical fitness. It was originally developed to measure quality of life achieved by patients in rehabilitation programs for chronic obstructive pulmonary disease, but has also been used as a measure of physical activity in both healthy and impaired populations. The profile consists of 94 common daily activities listed in ascending order according to the energy required to perform them. Activities including self-care tasks, personal/household work, entertainment/social activities, and independent exercise pursuits and respondents are requested to indicate if they are currently able to perform the activity (unassisted), they have stopped performing the activity, or they have never performed the activity.