



上海体育学院
SHANGHAI UNIVERSITY OF SPORT

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身体活动汇编

Compendium of Physical Activities

汉英对照版

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目录

自行车(bicycling)	3
健身锻炼(conditioning exercise)	3
舞蹈(dancing)	6
钓鱼和狩猎(fishing and hunting)	6
家庭活动(home activities)	8
家中修缮(home repair)	11
不活动 休息/低强度(inactivity quiet/light)	12
打理草坪和花园(lawn and garden)	13
多项目混合活动(miscellaneous)	15
音乐活动(music playing)	16
职业活动(occupation)	17
跑步(running)	23
自我护理(self care)	24
性行为(sexual activity)	24
体育运动(sports)	24
交通运输(transportation)	29
步行(walking)	30
水上活动(water activities)	32
冬季活动(winter activities)	34
宗教活动(religious activities)	35
志愿者活动(volunteer activities)	36



示例说明:

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
<i>01001</i>	<i>1.3</i>	汉语翻译 英语原文	汉语翻译 英语原文 (1.0-1.5METs 背景色为白色)
<i>01002</i>	<i>2.0</i>	汉语翻译 英语原文	汉语翻译 英语原文 (1.6-2.9METs 背景色为浅蓝色)
<i>01003</i>	<i>4.5</i>	汉语翻译 英语原文	汉语翻译 英语原文 (3.0-5.9METs 背景色为浅黄色)
<i>01004</i>	<i>6.0</i>	汉语翻译 英语原文	汉语翻译 英语原文 (6.0 及以上 METs 背景色为浅红色)

*斜体的编码和代谢当量为估计值

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
01003	14.0	自行车 bicycling	骑自行车: 山地骑行, 上坡, 高强度 bicycling, mountain, uphill, vigorous
01004	16.0	自行车 bicycling	骑自行车: 山地骑行, 竞技, 比赛 bicycling, mountain, competitive, racing
01008	8.5	自行车 bicycling	骑自行车: BMX小轮车 bicycling, BMX
01009	8.5	自行车 bicycling	骑自行车: 山地骑行, 一般 bicycling, mountain, general
01010	4.0	自行车 bicycling	骑自行车: 小于16.1公里/小时, 休闲骑行, 去工作或休闲 bicycling, <10 mph, leisure, to work or for pleasure (Taylor Code 115)
01011	6.8	自行车 bicycling	骑自行车: 通勤骑行, 自由速度 bicycling, to/from work, self selected pace
01013	5.8	自行车 bicycling	骑自行车: 在泥土路或农圃道路上骑行, 中等速度 bicycling, on dirt or farm road, moderate pace
01015	7.5	自行车 bicycling	骑自行车: 一般 bicycling, general
01018	3.5	自行车 bicycling	骑自行车: 休闲骑行, 8.9公里/小时 bicycling, leisure, 5.5 mph
01019	5.8	自行车 bicycling	骑自行车: 休闲骑行, 15.1公里/小时 bicycling, leisure, 9.4 mph
01020	6.8	自行车 bicycling	骑自行车: 16.1-19.2公里/小时, 休闲骑行, 慢速, 低强度 bicycling, 10-11.9 mph, leisure, slow, light effort
01030	8.0	自行车 bicycling	骑自行车: 19.3-22.4公里/小时, 休闲骑行, 中等强度 bicycling, 12-13.9 mph, leisure, moderate effort
01040	10.0	自行车 bicycling	骑自行车: 22.5-25.6公里/小时, 比赛或休闲骑行, 快速, 高强度 bicycling, 14-15.9 mph, racing or leisure, fast, vigorous effort
01050	12.0	自行车 bicycling	骑自行车: 25.7-30.6公里/小时, 比赛/不牵引气流, 或牵引气流, 大于30.6公里/小时, 非常快, 一般竞赛 bicycling, 16-19 mph, racing/not drafting or > 19 mph drafting, very fast, racing general
01060	15.8	自行车 bicycling	骑自行车: 大于32.2公里/小时, 比赛, 不牵引气流 bicycling, > 20 mph, racing, not drafting
01065	8.5	自行车 bicycling	骑自行车: 19.3公里/小时, 坐姿骑行, 双手放在刹车或车把手上, 80转/分钟 bicycling, 12 mph, seated, hands on brake hoods or bar drops, 80 rpm
01066	9.0	自行车 bicycling	骑自行车: 19.3公里/小时, 站姿骑行, 双手放在刹车上, 60转/分钟 bicycling, 12 mph, standing, hands on brake hoods, 60 rpm
01070	5.0	自行车 bicycling	独轮车骑行 unicycling
02001	2.3	健身锻炼 conditioning exercise	体感游戏 (如: Wii Fit): 低强度 (如: 平衡、瑜伽) activity promoting video game (e.g., Wii Fit), light effort (e.g., balance, yoga)
02003	3.8	健身锻炼 conditioning exercise	体感游戏 (如: Wii Fit): 中等强度 (如: 有氧运动、抗阻训练) activity promoting video game (e.g., Wii Fit), moderate effort (e.g., aerobic, resistance)
02005	7.2	健身锻炼 conditioning exercise	体感游戏/街机游戏 (如: 虚拟健身视频游戏、跳舞机), 高强度 activity promoting video/arcade game (e.g., Exergaming, Dance Dance Revolution), vigorous effort
02008	5.0	健身锻炼 conditioning exercise	军事障碍训练: 新兵训练营项目 army type obstacle course exercise, boot camp training program
02010	7.0	健身锻炼 conditioning exercise	骑自行车: 功率自行车, 一般 bicycling, stationary, general
02011	3.5	健身锻炼 conditioning exercise	骑自行车: 功率自行车, 30-50瓦, 极低至低强度 bicycling, stationary, 30-50 watts, very light to light effort

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02012	6.8	健身锻炼 conditioning exercise	骑自行车: 功率自行车, 90-100瓦, 中等至高强度 bicycling, stationary, 90-100 watts, moderate to vigorous effort
02013	8.8	健身锻炼 conditioning exercise	骑自行车: 功率自行车, 101-160瓦, 高强度 bicycling, stationary, 101-160 watts, vigorous effort
02014	11.0	健身锻炼 conditioning exercise	骑自行车: 功率自行车, 161-200瓦, 高强度 bicycling, stationary, 161-200 watts, vigorous effort
02015	14.0	健身锻炼 conditioning exercise	骑自行车: 功率自行车, 201-270瓦, 极高强度 bicycling, stationary, 201-270 watts, very vigorous effort
02017	4.8	健身锻炼 conditioning exercise	骑自行车: 功率自行车, 51-89瓦, 低至中等强度 bicycling, stationary, 51-89 watts, light-to-moderate effort
02019	8.5	健身锻炼 conditioning exercise	骑自行车: 功率自行车, 室内RPM课程/动感单车课程 bicycling, stationary, RPM/Spin bike class
02020	8.0	健身锻炼 conditioning exercise	韵律运动 (如: 俯卧撑、仰卧起坐、引体向上、开合跳): 高强度 calisthenics (e.g., push ups, sit ups, pull-ups, jumping jacks), vigorous effort
02022	3.8	健身锻炼 conditioning exercise	韵律运动 (如: 俯卧撑、仰卧起坐、引体向上、弓箭步): 中等强度 calisthenics (e.g., push ups, sit ups, pull-ups, lunges), moderate effort
02024	2.8	健身锻炼 conditioning exercise	韵律运动 (如: 仰卧起坐、仰卧卷腹): 低强度 calisthenics (e.g., sit-ups, abdominal crunches), light effort
02030	3.5	健身锻炼 conditioning exercise	韵律运动: 低或中等强度, 一般运动 (如: 背部运动), 上下楼梯运动 calisthenics, light or moderate effort, general (e.g., back exercises), going up & down from floor (Taylor Code 150)
02035	4.3	健身锻炼 conditioning exercise	循环训练: 中等强度 circuit training, moderate effort
02040	8.0	健身锻炼 conditioning exercise	循环训练: 包括壶铃训练、短间歇的有氧运动, 一般, 高强度 circuit training, including kettlebells, some aerobic movement with minimal rest, general, vigorous intensity
02045	3.5	健身锻炼 conditioning exercise	女性塑形练习 Curves™ exercise routines in women
02048	5.0	健身锻炼 conditioning exercise	椭圆机 (脚部踏板时呈椭圆形状的健身器材), 中等强度 Elliptical trainer, moderate effort
02050	6.0	健身锻炼 conditioning exercise	抗阻训练 (重量训练、自由重量, Nautilus或Universal), 举重或健美, 高强度 resistance training (weight lifting, free weight, nautilus or universal), power lifting or body building, vigorous effort (Taylor Code 210)
02052	5.0	健身锻炼 conditioning exercise	抗阻 (重量) 训练: 深蹲, 慢速或爆发完成 resistance (weight) training, squats, slow or explosive effort
02054	3.5	健身锻炼 conditioning exercise	抗阻 (重量) 训练: 多种类型的练习, 不同的抗阻练习重复5-18次 resistance (weight) training, multiple exercises, 8-15 repetitions at varied resistance
02060	5.5	健身锻炼 conditioning exercise	健身俱乐部锻炼: 一般 health club exercise, general (Taylor Code 160)
02061	5.0	健身锻炼 conditioning exercise	健身俱乐部锻炼: 一般, 健身训练/负重训练相结合 health club exercise classes, general, gym/weight training combined in one visit
02062	7.8	健身锻炼 conditioning exercise	在健身俱乐部锻炼: 健身课 health club exercise, conditioning classes
02064	3.8	健身锻炼 conditioning exercise	在家里锻炼: 一般 home exercise, general
02065	9.0	健身锻炼 conditioning exercise	楼梯机: 一般 stair-treadmill ergometer, general
02068	12.3	健身锻炼 conditioning exercise	跳绳: 一般 rope skipping, general

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02070	6.0	健身锻炼 conditioning exercise	赛艇: 固定测功仪, 一般, 高强度 rowing, stationary ergometer, general, vigorous effort
02071	4.8	健身锻炼 conditioning exercise	赛艇: 固定测功仪, 一般, 中等强度 rowing, stationary, general, moderate effort
02072	7.0	健身锻炼 conditioning exercise	赛艇: 固定测功仪, 100瓦, 中等强度 rowing, stationary, 100 watts, moderate effort
02073	8.5	健身锻炼 conditioning exercise	赛艇: 固定测功仪, 150瓦, 高强度 rowing, stationary, 150 watts, vigorous effort
02074	12.0	健身锻炼 conditioning exercise	赛艇: 固定测功仪, 200瓦, 极高强度 rowing, stationary, 200 watts, very vigorous effort
02080	6.8	健身锻炼 conditioning exercise	使用滑雪机的运动: 一般 ski machine, general
02085	11.0	健身锻炼 conditioning exercise	使用滑步器的运动: 一般 slide board exercise, general
02090	6.0	健身锻炼 conditioning exercise	减肥操 (低冲击有氧运动)、爵士健美操 (利用爵士舞练习) slimnastics, jazzercise
02101	2.3	健身锻炼 conditioning exercise	拉伸: 缓慢柔和 stretching, mild
02105	3.0	健身锻炼 conditioning exercise	普拉提: 一般 pilates, general
02110	6.8	健身锻炼 conditioning exercise	锻炼教学课 (如: 健美操、水上运动) teaching exercise class (e.g., aerobic, water)
02112	2.8	健身锻炼 conditioning exercise	球类康复锻炼: 健身球锻炼 therapeutic exercise ball, Fitball exercise
02115	2.8	健身锻炼 conditioning exercise	上肢运动: 上肢功率车 upper body exercise, arm ergometer
02117	4.3	健身锻炼 conditioning exercise	上肢锻炼: 功率自行车 - 风扇车 (仅手臂) 40转/分钟, 中等强度 upper body exercise, stationary bicycle - Airdyne (arms only) 40 rpm, moderate
02120	5.3	健身锻炼 conditioning exercise	水中有氧运动: 水中韵律运动、水中锻炼 water aerobics, water calisthenics, water exercise
02135	1.3	健身锻炼 conditioning exercise	漩涡浴, 坐姿 whirlpool, sitting
02140	2.3	健身锻炼 conditioning exercise	视频锻炼: 电视健身节目 (如: 瑜伽、伸展运动), 低强度 video exercise workouts, TV conditioning programs (e.g., yoga, stretching), light effort
02143	4.0	健身锻炼 conditioning exercise	视频锻炼: 电视健身节目 (如: 有氧-阻力练习), 中等强度 video exercise workouts, TV conditioning programs (e.g., cardio-resistance), moderate effort
02146	6.0	健身锻炼 conditioning exercise	视频锻炼: 电视强身节目 (如: 有氧-阻力练习), 高强度 video exercise workouts, TV conditioning programs (e.g., cardio-resistance), vigorous effort
02150	2.5	健身锻炼 conditioning exercise	瑜伽: 哈他瑜伽 (传统瑜伽) yoga, Hatha
02160	4.0	健身锻炼 conditioning exercise	瑜伽: 力量瑜伽 yoga, Power
02170	2.0	健身锻炼 conditioning exercise	瑜伽: 纳地净化调息 yoga, Nadisodhana
02180	3.3	健身锻炼 conditioning exercise	瑜伽: 向太阳致敬式 yoga, Surya Namaskar
02200	5.3	健身锻炼 conditioning exercise	新西兰本土身体活动 (如: Haka Powhiri, Moteatea, Waita Tira, Whakawatea等): 一般, 中等强度 native New Zealander physical activities (e.g., Haka Powhiri, Moteatea, Waita Tira, Whakawatea, etc.), general, moderate effort

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02205	6.8	健身锻炼 conditioning exercise	新西兰本土身体活动 (如: Haka, Taiahab): 一般, 高强度 native New Zealander physical activities (e.g., Haka, Taiahab), general, vigorous effort
03010	5.0	舞蹈 dancing	芭蕾舞: 现代, 或爵士, 一般, 排练或上课 ballet, modern, or jazz, general, rehearsal or class
03012	6.8	舞蹈 dancing	芭蕾舞: 现代, 或爵士, 表演, 高强度 ballet, modern, or jazz, performance, vigorous effort
03014	4.8	舞蹈 dancing	踢踏舞 tap
03015	7.3	舞蹈 dancing	有氧舞蹈: 一般 aerobic, general
03016	7.5	舞蹈 dancing	有氧舞蹈: 踏板, 踏板长为15.2-20.3厘米 aerobic, step, with 6 - 8 inch step
03017	9.5	舞蹈 dancing	有氧舞蹈: 踏板, 踏板为25.4-30.5厘米 aerobic, step, with 10 - 12 inch step
03018	5.5	舞蹈 dancing	有氧舞蹈: 踏板, 踏板为10.2厘米 aerobic, step, with 4-inch step
03019	8.5	舞蹈 dancing	踏板操课: 一般 bench step class, general
03020	5.0	舞蹈 dancing	有氧舞蹈: 低冲击 aerobic, low impact
03021	7.3	舞蹈 dancing	有氧舞蹈: 高冲击 aerobic, high impact
03022	10.0	舞蹈 dancing	有氧舞蹈: 负重4.5-6.8公斤 aerobic dance wearing 10-15 lb weights
03025	4.5	舞蹈 dancing	民族舞蹈或传统舞蹈 (如: 希腊舞蹈、中东舞蹈、草裙舞、萨尔萨舞、梅伦格舞、bamba y plena舞蹈、弗拉曼柯舞、肚皮舞和摇摆舞) ethnic or cultural dancing (e.g., Greek, Middle Eastern, hula, salsa, merengue, bamba y plena, flamenco, belly, and swing)
03030	5.5	舞蹈 dancing	国标舞: 快速 ballroom, fast (Taylor Code 125)
03031	7.8	舞蹈 dancing	一般舞蹈 (如: 迪斯科、民间舞、爱尔兰踢踏舞、队列舞、波尔卡舞、魂斗罗舞、乡村舞) general dancing (e.g., disco, folk, Irish step dancing, line dancing, polka, contra, country)
03038	11.3	舞蹈 dancing	国标舞: 竞技, 一般 ballroom dancing, competitive, general
03040	3.0	舞蹈 dancing	国标舞: 慢速 (如: 华尔兹、狐步舞、慢三步、桑巴、探戈、19世纪舞蹈、曼波舞、恰恰) ballroom, slow (e.g., waltz, foxtrot, slow dancing, samba, tango, 19 th century dance, mambo, cha cha)
03050	5.5	舞蹈 dancing	Anishinaabe铃舞 Anishinaabe Jingle Dancing
03060	3.5	舞蹈 dancing	加勒比舞蹈 (如: Abakua, Beguine, Bellair, Bongo, Brukin's, Caribbean Quadrills, Dinki Mini, Gere, Gumbay, Ibo, Jonkonnu, Kumina, Oreisha, Jambu) Caribbean dance (Abakua, Beguine, Bellair, Bongo, Brukin's, Caribbean Quadrills, Dinki Mini, Gere, Gumbay, Ibo, Jonkonnu, Kumina, Oreisha, Jambu)
04001	3.5	钓鱼和狩猎 fishing and hunting	钓鱼: 一般 fishing, general
04005	4.5	钓鱼和狩猎 fishing and hunting	钓鱼: 捕蟹 fishing, crab fishing
04007	4.0	钓鱼和狩猎 fishing and hunting	钓鱼: 用手抓鱼 fishing, catching fish with hands

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04010	4.3	钓鱼和狩猎 fishing and hunting	与钓鱼相关的活动: 用铁锹挖蚯蚓 fishing related, digging worms, with shovel
04020	4.0	钓鱼和狩猎 fishing and hunting	在河岸钓鱼和步行 fishing from river bank and walking
04030	2.0	钓鱼和狩猎 fishing and hunting	在小船和划艇上钓鱼: 坐姿 fishing from boat or canoe, sitting
04040	3.5	钓鱼和狩猎 fishing and hunting	在河岸钓鱼: 站姿 fishing from river bank, standing (Taylor Code 660)
04050	6.0	钓鱼和狩猎 fishing and hunting	溪流钓: 穿溪钓服 fishing in stream, in waders (Taylor Code 670)
04060	2.0	钓鱼和狩猎 fishing and hunting	钓鱼: 在冰上, 坐姿 fishing, ice, sitting
04061	1.8	钓鱼和狩猎 fishing and hunting	钓鱼: 慢跑或排队, 站姿, 一般 fishing, jog or line, standing, general
04062	3.5	钓鱼和狩猎 fishing and hunting	钓鱼: 抄网、撒网和收网, 一般 fishing, dip net, setting net and retrieving fish, general
04063	3.8	钓鱼和狩猎 fishing and hunting	钓鱼: 撒网和收网, 一般 fishing, set net, setting net and retrieving fish, general
04064	3.0	钓鱼和狩猎 fishing and hunting	钓鱼: 钓鱼轮, 撒网和收鱼, 一般 fishing, fishing wheel, setting net and retrieving fish, general
04065	2.3	钓鱼和狩猎 fishing and hunting	用鱼叉叉鱼: 站姿 fishing with a spear, standing
04070	2.5	钓鱼和狩猎 fishing and hunting	狩猎: 弓和箭, 或弩 hunting, bow and arrow, or crossbow
04080	6.0	钓鱼和狩猎 fishing and hunting	狩猎: 鹿, 麋鹿, 大型猎物 hunting, deer, elk, large game (Taylor Code 170)
04081	11.3	钓鱼和狩猎 fishing and hunting	大型狩猎: 拖拽猎物尸体 hunting large game, dragging carcass
04083	4.0	钓鱼和狩猎 fishing and hunting	狩猎大型海洋动物 hunting large marine animals
04085	2.5	钓鱼和狩猎 fishing and hunting	大型狩猎: 从狩猎台, 限制性步行 hunting large game, from a hunting stand, limited walking
04086	2.0	钓鱼和狩猎 fishing and hunting	大型狩猎: 在汽车、飞机或船上 hunting large game from a car, plane, or boat
04090	2.5	钓鱼和狩猎 fishing and hunting	狩猎: 鸭子, 涉水 hunting, duck, wading
04095	3.0	钓鱼和狩猎 fishing and hunting	狩猎: 狐蝠、松鼠 hunting, flying fox, squirrel
04100	5.0	钓鱼和狩猎 fishing and hunting	狩猎: 一般 hunting, general
04110	6.0	钓鱼和狩猎 fishing and hunting	狩猎: 雉鸡和松鸡 hunting, pheasants or grouse (Taylor Code 680)
04115	3.3	钓鱼和狩猎 fishing and hunting	狩猎: 鸟类 hunting, birds
04120	5.0	钓鱼和狩猎 fishing and hunting	狩猎: 兔子、松鼠、草原小鸡、浣熊, 小型猎物 hunting, rabbit, squirrel, prairie chick, raccoon, small game (Taylor Code 690)
04123	3.3	钓鱼和狩猎 fishing and hunting	狩猎: 猪, 野外 hunting, pigs, wild

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04124	2.0	钓鱼和狩猎 fishing and hunting	诱捕：一般 trapping game, general
04125	9.5	钓鱼和狩猎 fishing and hunting	狩猎：携带狩猎装备在山上徒步行走 hunting, hiking with hunting gear
04130	2.5	钓鱼和狩猎 fishing and hunting	手枪或运动猎枪射击：站姿 pistol shooting or trap shooting, standing
04140	2.3	钓鱼和狩猎 fishing and hunting	步枪练习：射击，卧姿 rifle exercises, shooting, lying down
04145	2.5	钓鱼和狩猎 fishing and hunting	步枪练习：射击，跪姿或站姿 rifle exercises, shooting, kneeling or standing
05010	3.3	家庭活动 home activities	清洁：打扫地毯或地板，一般 cleaning, sweeping carpet or floors, general
05011	2.3	家庭活动 home activities	清洁：扫地，慢速，低强度 cleaning, sweeping, slow, light effort
05012	3.8	家庭活动 home activities	清洁：扫地，慢速，中等强度 cleaning, sweeping, slow, moderate effort
05020	3.5	家庭活动 home activities	清洁：清洁重物或大件物品（如：洗车、洗窗、清洁车库），中等强度 cleaning, heavy or major (e.g. wash car, wash windows, clean garage), moderate effort
05021	3.5	家庭活动 home activities	清洁：拖地，站姿，中等强度 cleaning, mopping, standing, moderate effort
05022	3.2	家庭活动 home activities	清洁窗户：洗窗户，一般 cleaning windows, washing windows, general
05023	2.5	家庭活动 home activities	拖地：站姿，低强度 mopping, standing, light effort
05024	4.5	家庭活动 home activities	地板抛光：站姿，慢慢步行，用电抛光机抛光地板 polishing floors, standing, walking slowly, using electric polishing machine
05025	2.8	家庭活动 home activities	同时做各种家务：低强度 multiple household tasks all at once, light effort
05026	3.5	家庭活动 home activities	同时做各种家务：中等强度 multiple household tasks all at once, moderate effort
05027	4.3	家庭活动 home activities	同时做各种家务：高强度 multiple household tasks all at once, vigorous effort
05030	3.3	家庭活动 home activities	清洁：房子或小屋，一般，中等强度 cleaning, house or cabin, general, moderate effort
05032	2.3	家庭活动 home activities	除尘或擦家具：一般 dusting or polishing furniture, general
05035	3.3	家庭活动 home activities	厨房活动：一般（如：烹饪、洗碗、清洁），中等强度 kitchen activity, general, (e.g., cooking, washing dishes, cleaning up), moderate effort
05040	2.5	家庭活动 home activities	清洁：一般（如：整理、更换桌布、垃圾处理），低强度 cleaning, general (straightening up, changing linen, carrying out trash, light effort
05041	1.8	家庭活动 home activities	洗碗：站姿或一般（不区分站立/行走） wash dishes, standing or in general (not broken into stand/walk components)
05042	2.5	家庭活动 home activities	洗碗：清理餐桌，步行，低强度 wash dishes, clearing dishes from table, walking, light effort
05043	3.3	家庭活动 home activities	吸尘：一般，中等强度 vacuuming, general, moderate effort
05044	3.0	家庭活动 home activities	屠宰动物：小型动物 butchering animals, small

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
05045	6.0	家庭活动 home activities	屠宰动物: 大型动物, 高强度 butchering animal, large, vigorous effort
05046	2.3	家庭活动 home activities	切鱼和熏鱼, 风干鱼或肉 cutting and smoking fish, drying fish or meat
05048	4.0	家庭活动 home activities	兽皮鞣制: 一般 tanning hides, general
05049	3.5	家庭活动 home activities	烹饪或准备食物: 中等强度 cooking or food preparation, moderate effort
05050	2.0	家庭活动 home activities	烹饪或准备食物: 站姿或坐姿或一般 (不区分站立/步行), 使用手工用具, 低强度 cooking or food preparation - standing or sitting or in general (not broken into stand/walk components), manual appliances, light effort
05051	2.5	家庭活动 home activities	提供食物: 摆桌, 隐含步行或站立 serving food, setting table, implied walking or standing
05052	2.5	家庭活动 home activities	烹饪或准备食物: 步行 cooking or food preparation, walking
05053	2.5	家庭活动 home activities	喂养家畜 feeding household animals
05055	2.5	家庭活动 home activities	清理杂货 (如: 搬运杂货、不使用购物车购物)、搬运包裹 putting away groceries (e.g. carrying groceries, shopping without a grocery cart), carrying packages
05056	7.5	家庭活动 home activities	将杂货搬运到楼上 carrying groceries upstairs
05057	3.0	家庭活动 home activities	在外面的炉子上烘烤印地安面包 cooking Indian bread on an outside stove
05060	2.3	家庭活动 home activities	食品购物: 有或无购物车, 站立或步行 food shopping with or without a grocery cart, standing or walking
05065	2.3	家庭活动 home activities	非食品购物: 有或无购物车, 站立或步行 non-food shopping, with or without a cart, standing or walking
05070	1.8	家庭活动 home activities	熨烫 ironing
05080	1.3	家庭活动 home activities	针织: 缝纫, 低强度, 包装礼品, 坐姿 knitting, sewing, light effort, wrapping presents, sitting
05082	2.8	家庭活动 home activities	用机器缝纫 sewing with a machine
05090	2.0	家庭活动 home activities	洗涤衣物: 折叠或晾挂衣服、将衣服放在洗衣机或烘干机中、行李打包、手洗衣服, 隐含站立, 低强度 laundry, fold or hang clothes, put clothes in washer or dryer, packing suitcase, washing clothes by hand, implied standing, light effort
05092	4.0	家庭活动 home activities	洗涤衣物: 挂洗衣服、用手洗衣服, 中等强度 laundry, hanging wash, washing clothes by hand, moderate effort
05095	2.3	家庭活动 home activities	洗涤衣物: 收衣服、整理衣服、打包衣物, 隐含步行 laundry, putting away clothes, gathering clothes to pack, putting away laundry, implied walking
05100	3.3	家庭活动 home activities	铺床: 换床单 making bed, changing linens
05110	5.0	家庭活动 home activities	枫木糖浆/糖衬套 (包括携带水桶、搬运木材) maple syruping/sugar bushing (including carrying buckets, carrying wood)
05120	5.8	家庭活动 home activities	家具和家庭用品的运输、储物箱的运输 moving furniture, household items, carrying boxes
05121	5.0	家庭活动 home activities	移动: 举起轻物 moving, lifting light loads

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05125	4.8	家庭活动 home activities	整理房间 organizing room
05130	3.5	家庭活动 home activities	擦洗地板: 跪着用手, 擦洗浴室、浴缸, 中等强度 scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, moderate effort
05131	2.0	家庭活动 home activities	擦洗地板: 跪着用手, 擦洗浴室、浴缸, 低强度 scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, light effort
05132	6.5	家庭活动 home activities	擦洗地板: 跪着用手, 擦洗浴室、浴缸, 高强度 scrubbing floors, on hands and knees, scrubbing bathroom, bathtub, vigorous effort
05140	4.0	家庭活动 home activities	清扫车库: 人行道或房屋外部 sweeping garage, sidewalk or outside of house
05146	3.5	家庭活动 home activities	站姿: 包箱/拆箱、偶尔举起轻便的家居用品、在车内装卸物品, 中等强度 standing, packing/unpacking boxes, occasional lifting of lightweight household items, loading or unloading items in car, moderate effort
05147	3.0	家庭活动 home activities	隐含步行: 收拾家居用品, 中等强度 implied walking, putting away household items, moderate effort
05148	2.5	家庭活动 home activities	给植物浇水 watering plants
05149	2.5	家庭活动 home activities	在室内生火 building a fire inside
05150	9.0	家庭活动 home activities	将家居用品搬到楼上: 搬运箱子或家具 moving household items upstairs, carrying boxes or furniture
05160	2.0	家庭活动 home activities	站姿: 低强度的任务(如: 放煤油、换灯泡等) standing, light effort tasks (pump gas, change light bulb, etc.)
05165	3.5	家庭活动 home activities	步行: 中等强度的任务, 清洁除外(如: 准备离开、关/锁门, 关窗户等) walking, moderate effort tasks, non-cleaning (readying to leave, shut/lock doors, close windows, etc.)
05170	2.2	家庭活动 home activities	坐姿: 与孩子(们)一起玩耍, 低强度, 仅在活动期间 sitting, playing with child(ren), light effort, only active periods
05171	2.8	家庭活动 home activities	站姿: 与孩子(们)一起玩耍, 低强度, 仅在活动期间 standing, playing with child(ren) light effort, only active periods
05175	3.5	家庭活动 home activities	步行/跑步: 与孩子(们)一起玩耍, 中等强度, 仅在活动期间 walking/running, playing with child(ren), moderate effort, only active periods
05180	5.8	家庭活动 home activities	步行/跑步: 与孩子(们)一起玩耍, 高强度, 仅在活动期间 walking/running, playing with child(ren), vigorous effort, only active periods
05181	3.0	家庭活动 home activities	步行并带着孩子: 孩子体重在6.8公斤以上 walking and carrying small child, child weighing 15 lbs or more
05182	2.3	家庭活动 home activities	步行并带着孩子: 孩子体重在6.8公斤以下 walking and carrying small child, child weighing less than 15 lbs
05183	2.0	家庭活动 home activities	站姿: 抱孩子 standing, holding child
05184	2.5	家庭活动 home activities	照顾孩子: 婴儿, 一般 child care, infant, general
05185	2.0	家庭活动 home activities	照顾孩子: 坐姿/跪姿(如: 穿衣、洗澡、梳理、喂食、偶尔抱孩子), 低强度 child care, sitting/kneeling (e.g., dressing, bathing, grooming, feeding, occasional lifting of child), light effort, general
05186	3.0	家庭活动 home activities	照顾孩子: 站姿(如: 穿衣、洗澡、梳理、喂食、偶尔抱孩子), 中等强度 child care, standing (e.g., dressing, bathing, grooming, feeding, occasional lifting of child), moderate effort
05188	1.5	家庭活动 home activities	抱着孩子斜倚 reclining with baby

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05189	2.0	家庭活动 home activities	母乳喂养：坐姿或斜倚 breastfeeding, sitting or reclining
05190	2.5	家庭活动 home activities	坐姿：与动物一起玩耍，低强度，仅在活动期间 sit, playing with animals, light effort, only active periods
05191	2.8	家庭活动 home activities	站姿：与动物一起玩耍，低强度，仅在活动期间 stand, playing with animals, light effort, only active periods
05192	3.0	家庭活动 home activities	步行/跑步：与动物一起玩耍，低强度，仅在活动期间 walk/run, playing with animals, general, light effort, only active periods
05193	4.0	家庭活动 home activities	步行/跑步：与动物一起玩耍，中等强度，仅在活动期间 walk/run, playing with animals, moderate effort, only active periods
05194	5.0	家庭活动 home activities	步行/跑步：与动物一起玩耍，高强度，仅在活动期间 walk/run, playing with animals, vigorous effort, only active periods
05195	3.5	家庭活动 home activities	站姿：给狗洗澡 standing, bathing dog
05197	2.3	家庭活动 home activities	照顾动物：宠物，一般 animal care, household animals, general
05200	4.0	家庭活动 home activities	照顾老年人和残疾人（成人）：洗澡、穿衣、上下床，仅在活动期间 elder care, disabled adult, bathing, dressing, moving into and out of bed, only active periods
05205	2.3	家庭活动 home activities	照顾老年人和残疾人（成人）：喂饭、梳理头发，低强度，仅在活动期间 elder care, disabled adult, feeding, combing hair, light effort, only active periods
06010	3.0	家中修缮 home repair	飞机维修 airplane repair
06020	4.0	家中修缮 home repair	汽车维修工作 automobile body work
06030	3.3	家中修缮 home repair	汽车维修：低至中等强度 automobile repair, light or moderate effort
06040	3.0	家中修缮 home repair	木工：一般，车间 carpentry, general, workshop (Taylor Code 620)
06050	6.0	家中修缮 home repair	木工：房屋外部，安装雨水槽 carpentry, outside house, installing rain gutters (Taylor Code 640), carpentry, outside house, building a fence
06052	3.8	家中修缮 home repair	木工：房屋外部，建围栏 carpentry, outside house, building a fence
06060	3.3	家中修缮 home repair	木工：整理或修补橱柜或家具 carpentry, finishing or refinishing cabinets or furniture
06070	6.0	家中修缮 home repair	木工：锯硬木 carpentry, sawing hardwood
06072	4.0	家中修缮 home repair	木工：房屋翻新，中等强度 carpentry, home remodeling tasks, moderate effort
06074	2.3	家中修缮 home repair	木工：房屋翻新，低强度 carpentry, home remodeling tasks, light effort
06080	5.0	家中修缮 home repair	填补缝隙：防止木屋漏水 caulking, chinking log cabin
06090	4.5	家中修缮 home repair	填补缝隙：小木屋外面 caulking, except log cabin
06100	5.0	家中修缮 home repair	清理水槽 cleaning gutters
06110	5.0	家中修缮 home repair	在车库里找东西 excavating garage

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06120	5.0	家中修缮 home repair	设置防风暴玻璃 hanging storm windows
06122	5.0	家中修缮 home repair	房屋内壁固定石膏板 hanging sheet rock inside house
06124	3.0	家中修缮 home repair	钉钉子 hammering nails
06126	2.5	家中修缮 home repair	家中修缮：一般，低强度 home repair, general, light effort
06127	4.5	家中修缮 home repair	家中修缮：一般，中等强度 home repair, general, moderate effort
06128	6.0	家中修缮 home repair	家中修缮：一般，高强度 home repair, general, vigorous effort
06130	4.5	家中修缮 home repair	铺设或移除地毯 laying or removing carpet
06140	3.8	家中修缮 home repair	铺设瓷砖或油毡、修理器具 laying tile or linoleum, repairing appliances
06144	3.0	家中修缮 home repair	修理器具 repairing appliances
06150	5.0	家中修缮 home repair	粉刷：房屋外壁 painting, outside home (Taylor Code 650)
06160	3.3	家中修缮 home repair	室内粉刷、贴壁纸、刮漆 painting inside house, wallpapering, scraping paint
06165	4.5	家中修缮 home repair	粉刷 painting, (Taylor Code 630)
06167	3.0	家中修缮 home repair	管道工作：一般 plumbing, general
06170	3.0	家中修缮 home repair	安装和拆除防水板：帆船 put on and removal of tarp - sailboat
06180	6.0	家中修缮 home repair	盖屋顶 roofing
06190	4.5	家中修缮 home repair	用电动抛光机打磨地板 sanding floors with a power sander
06200	4.5	家中修缮 home repair	去除帆船或摩托艇的污垢并粉刷油漆 scraping and painting sailboat or powerboat
06205	2.0	家中修缮 home repair	打磨工具 sharpening tools
06210	5.0	家中修缮 home repair	用铲子撒土 spreading dirt with a shovel
06220	4.5	家中修缮 home repair	帆船或飞机的清洗和打蜡 washing and waxing hull of sailboat or airplane
06225	2.0	家中修缮 home repair	汽车的清洗和打蜡 washing and waxing car
06230	4.5	家中修缮 home repair	清洗围栏：粉刷围栏，中等强度 washing fence, painting fence, moderate effort
06240	3.3	家中修缮 home repair	接线工作：电缆的安装和连接 wiring, tapping-splicing
07010	1.0	不活动 休息/低强度 inactivity quiet/light	安静地躺着看电视 lying quietly and watching television

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07011	1.3	不活动 休息/低强度 inactivity quiet/light	安静地躺着: 无所事事, 躺在床上醒着, 听音乐 (不说话、不阅读) lying quietly, doing nothing, lying in bed awake, listening to music (not talking or reading)
07020	1.3	不活动 休息/低强度 inactivity quiet/light	安静地坐着看电视 sitting quietly and watching television
07021	1.3	不活动 休息/低强度 inactivity quiet/light	安静地坐着: 一般 sitting quietly, general
07022	1.5	不活动 休息/低强度 inactivity quiet/light	安静地坐着: 坐立不安, 手指敲击 sitting quietly, fidgeting, general, fidgeting hands
07023	1.8	不活动 休息/低强度 inactivity quiet/light	坐姿: 抖脚 sitting, fidgeting feet
07024	1.3	不活动 休息/低强度 inactivity quiet/light	坐姿: 抽烟 sitting, smoking
07025	1.5	不活动 休息/低强度 inactivity quiet/light	坐姿: 听音乐 (不说话、不阅读) 或在剧院看电影 sitting, listening to music (not talking or reading) or watching a movie in a theater
07026	1.3	不活动 休息/低强度 inactivity quiet/light	坐在桌前: 头靠在双手上进行休息 sitting at a desk, resting head in hands
07030	0.95	不活动 休息/低强度 inactivity quiet/light	睡觉 sleeping
07040	1.3	不活动 休息/低强度 inactivity quiet/light	安静地站着: 站成一条直线 standing quietly, standing in a line
07041	1.8	不活动 休息/低强度 inactivity quiet/light	站姿: 烦躁不安 standing, fidgeting
07050	1.3	不活动 休息/低强度 inactivity quiet/light	斜倚: 书写 reclining, writing
07060	1.3	不活动 休息/低强度 inactivity quiet/light	斜倚: 说话或在电话上交谈 reclining, talking or talking on phone
07070	1.3	不活动 休息/低强度 inactivity quiet/light	斜倚: 阅读 reclining, reading
07075	1.0	不活动 休息/低强度 inactivity quiet/light	冥想 meditating
08009	3.3	打理草坪和花园 lawn and garden	搬运: 装载或堆放木头、装载/卸载木材或搬运木制品, 低至中等强度 carrying, loading or stacking wood, loading/unloading or carrying lumber, light-to-moderate effort
08010	5.5	打理草坪和花园 lawn and garden	搬运: 装载或堆放木头、装载/卸载木材或搬运木制品 carrying, loading or stacking wood, loading/unloading or carrying lumber
08019	4.5	打理草坪和花园 lawn and garden	木材砍伐: 劈柴, 中等强度 chopping wood, splitting logs, moderate effort
08020	6.3	打理草坪和花园 lawn and garden	木材砍伐: 劈柴, 高强度 chopping wood, splitting logs, vigorous effort
08025	3.5	打理草坪和花园 lawn and garden	清理灌木丛: 花园除草, 中等强度 clearing light brush, thinning garden, moderate effort
08030	6.3	打理草坪和花园 lawn and garden	清理灌木丛或地面: 灌木丛或地面, 运输树枝, 手推车工作, 高强度 clearing brush/land, undergrowth, or ground, hauling branches, wheelbarrow chores, vigorous effort
08040	5.0	打理草坪和花园 lawn and garden	挖沙坑: 铲沙 digging sandbox, shoveling sand
08045	3.5	打理草坪和花园 lawn and garden	挖掘: 铲土、浇灌、堆土, 低至中等强度 digging, spading, filling garden, composting, light-to-moderate effort
08050	5.0	打理草坪和花园 lawn and garden	挖掘: 铲土、浇灌、堆土 digging, spading, filling garden, compositing, (Taylor Code 590)

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08052	7.8	打理草坪和花园 lawn and garden	挖掘: 铲土、浇灌、堆土, 高强度 digging, spading, filling garden, composting, vigorous effort
08055	2.8	打理草坪和花园 lawn and garden	驾驶拖拉机 driving tractor
08057	8.3	打理草坪和花园 lawn and garden	砍伐树木: 大树 felling trees, large size
08058	5.3	打理草坪和花园 lawn and garden	砍伐树木: 小至中等的树 felling trees, small-medium size
08060	5.8	打理草坪和花园 lawn and garden	用大型电动工具进行园艺: 犁耕花园, 用电锯 gardening with heavy power tools, tilling a garden, chain saw
08065	2.3	打理草坪和花园 lawn and garden	园艺: 使用容器, 60岁以上的老年人 gardening, using containers, older adults > 60 years
08070	4.0	打理草坪和花园 lawn and garden	灌溉渠道 (将水排入河中): 开放和关闭水闸 irrigation channels, opening and closing ports
08080	6.3	打理草坪和花园 lawn and garden	铺设碎石 laying crushed rock
08090	5.0	打理草坪和花园 lawn and garden	铺设草皮 laying sod
08095	5.5	打理草坪和花园 lawn and garden	修剪草坪: 一般 mowing lawn, general
08100	2.5	打理草坪和花园 lawn and garden	修剪草坪: 驾驶割草机 mowing lawn, riding mower (Taylor Code 550)
08110	6.0	打理草坪和花园 lawn and garden	修剪草坪: 步行, 使用手动割草机 mowing lawn, walk, hand mower (Taylor Code 570)
08120	5.0	打理草坪和花园 lawn and garden	修剪草坪: 步行, 使用电动割草机, 中等或高强度 mowing lawn, walk, power mower, moderate or vigorous effort
08125	4.5	打理草坪和花园 lawn and garden	修剪草坪: 使用电动割草机, 低或中等强度 mowing lawn, power mower, light or moderate effort (Taylor Code 590)
08130	2.5	打理草坪和花园 lawn and garden	操作除雪机: 步行 operating snow blower, walking
08135	2.0	打理草坪和花园 lawn and garden	种植: 盆栽、移栽幼苗或植物, 低强度 planting, potting, transplanting seedlings or plants, light effort
08140	4.3	打理草坪和花园 lawn and garden	种植幼苗: 灌木, 弯腰状态, 中等强度 planting seedlings, shrub, stooping, moderate effort
08145	4.3	打理草坪和花园 lawn and garden	种植庄稼或花草: 弯腰状态, 中等强度 planting crops or garden, stooping, moderate effort
08150	4.5	打理草坪和花园 lawn and garden	植树 planting trees
08160	3.8	打理草坪和花园 lawn and garden	耙草坪或落叶: 中等强度 raking lawn or leaves, moderate effort
08165	4.0	打理草坪和花园 lawn and garden	耙草坪 raking lawn (Taylor Code 600)
08170	4.0	打理草坪和花园 lawn and garden	用雪耙清理屋顶的雪 raking roof with snow rake
08180	3.0	打理草坪和花园 lawn and garden	驾驶除雪机 riding snow blower
08190	4.0	打理草坪和花园 lawn and garden	收集草和落叶 sacking grass, leaves

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
08192	5.5	打理草坪和花园 lawn and garden	铲泥和土 shoveling dirt or mud
08195	5.3	打理草坪和花园 lawn and garden	铲雪: 人力, 中等强度 shoveling snow, by hand, moderate effort
08200	6.0	打理草坪和花园 lawn and garden	铲雪: 人力 shovelling snow, by hand (Taylor Code 610)
08202	7.5	打理草坪和花园 lawn and garden	铲雪: 人力, 高强度 shoveling snow, by hand, vigorous effort
08210	4.0	打理草坪和花园 lawn and garden	灌木和树木修剪: 使用修枝剪 trimming shrubs or trees, manual cutter
08215	3.5	打理草坪和花园 lawn and garden	灌木和树木修剪: 使用电动修剪机, 使用吹叶机, 中等强度 trimming shrubs or trees, power cutter, using leaf blower, edge, moderate effort
08220	3.0	打理草坪和花园 lawn and garden	步行: 施肥或播种幼苗, 推敷抹器 walking, applying fertilizer or seeding a lawn, push applicator
08230	1.5	打理草坪和花园 lawn and garden	给草坪或花园浇水: 站姿或步行 watering lawn or garden, standing or walking
08239	3.5	打理草坪和花园 lawn and garden	除草: 培育花园, 低至中等强度 weeding, cultivating garden, light-to-moderate effort
08240	4.5	打理草坪和花园 lawn and garden	除草: 犁耕花园 weeding, cultivating garden (Taylor Code 580)
08241	5.0	打理草坪和花园 lawn and garden	除草: 培育花园, 使用锄头, 中等至高强度 weeding, cultivating garden, using a hoe, moderate-to-vigorous effort
08245	3.8	打理草坪和花园 lawn and garden	园艺: 一般, 中等强度 gardening, general, moderate effort
08246	3.5	打理草坪和花园 lawn and garden	从树上摘果实: 采摘水果/蔬菜, 中等强度 picking fruit off trees, picking fruits/vegetables, moderate effort
08248	4.5	打理草坪和花园 lawn and garden	从树上摘果实: 收集水果、采摘水果/蔬菜、爬梯子摘果实, 高强度 picking fruit off trees, gleaning fruits, picking fruits/vegetables, climbing ladder to pick fruit, vigorous effort
08250	3.3	打理草坪和花园 lawn and garden	隐含步行/站立 - 拾掇院子: 低强度, 摘花或蔬菜 implied walking/standing - picking up yard, light, picking flowers or vegetables
08251	3.0	打理草坪和花园 lawn and garden	步行: 收拾园艺工具 walking, gathering gardening tools
08255	5.5	打理草坪和花园 lawn and garden	独轮车: 推园艺车或独轮手推车 wheelbarrow, pushing garden cart or wheelbarrow
08260	3.0	打理草坪和花园 lawn and garden	庭院工作: 一般, 低强度 yard work, general, light effort
08261	4.0	打理草坪和花园 lawn and garden	庭院工作: 一般, 中等强度 yard work, general, moderate effort
08262	6.0	打理草坪和花园 lawn and garden	庭院工作: 一般, 高强度 yard work, general, vigorous effort
09000	1.5	多项目混合活动 miscellaneous	玩棋盘游戏: 坐姿 board game playing, sitting
09005	2.5	多项目混合活动 miscellaneous	在赌场赌博: 站姿 casino gambling, standing
09010	1.5	多项目混合活动 miscellaneous	玩纸牌: 坐姿 card playing, sitting
09013	1.5	多项目混合活动 miscellaneous	玩象棋游戏: 坐姿 chess game, sitting

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
09015	1.5	多项目混合活动 miscellaneous	复印文件: 站姿 copying documents, standing
09020	1.8	多项目混合活动 miscellaneous	绘画: 写作、画画, 站姿 drawing, writing, painting, standing
09025	1.0	多项目混合活动 miscellaneous	大笑: 坐姿 laughing, sitting
09030	1.3	多项目混合活动 miscellaneous	坐姿: 阅读, 书籍、报纸等 sitting, reading, book, newspaper, etc.
09040	1.3	多项目混合活动 miscellaneous	坐姿: 写作, 书桌工作、打字 sitting, writing, desk work, typing
09045	1.0	多项目混合活动 miscellaneous	坐姿: 玩传统的视频游戏、电脑游戏 sitting, playing traditional video game, computer game
09050	1.8	多项目混合活动 miscellaneous	站姿: 与人交谈, 用手机、电脑、短信, 低强度 standing, talking in person, on the phone, computer, or text messaging, light effort
09055	1.5	多项目混合活动 miscellaneous	坐姿: 与人交谈, 用手机、电脑、短信, 低强度 sitting, talking in person, on the phone, computer, or text messaging, light effort
09060	1.3	多项目混合活动 miscellaneous	坐姿: 学习, 一般, 包括阅读和/或写作, 低强度 sitting, studying, general, including reading and/or writing, light effort
09065	1.8	多项目混合活动 miscellaneous	坐姿: 在课堂上, 一般, 包括记录笔记或课堂讨论 sitting, in class, general, including note-taking or class discussion
09070	1.8	多项目混合活动 miscellaneous	站姿: 阅读 standing, reading
09071	2.5	多项目混合活动 miscellaneous	站姿: 多项目混合活动 standing, miscellaneous
09075	1.8	多项目混合活动 miscellaneous	坐姿: 制作手工艺品, 木雕、编织、纺纱, 低强度 sitting, arts and crafts, carving wood, weaving, spinning wool, light effort
09080	3.0	多项目混合活动 miscellaneous	坐姿: 制作手工艺品, 木雕、编织、纺纱, 中等强度 sitting, arts and crafts, carving wood, weaving, spinning wool, moderate effort
09085	2.5	多项目混合活动 miscellaneous	站姿: 制作手工艺品, 沙画、雕刻、编织, 低强度 standing, arts and crafts, sand painting, carving, weaving, light effort
09090	3.3	多项目混合活动 miscellaneous	站姿: 制作手工艺品, 沙画、雕刻、编织, 中等强度 standing, arts and crafts, sand painting, carving, weaving, moderate effort
09095	3.5	多项目混合活动 miscellaneous	站姿: 制作手工艺品, 沙画、雕刻、编织, 高强度 standing, arts and crafts, sand painting, carving, weaving, vigorous effort
09100	1.8	多项目混合活动 miscellaneous	休息/家庭团聚活动: 坐姿, 放松、聊天、吃饭 retreat/family reunion activities involving sitting, relaxing, talking, eating
09101	3.0	多项目混合活动 miscellaneous	休息/家庭团聚活动: 与孩子玩游戏 retreat/family reunion activities involving playing games with children
09105	2.0	多项目混合活动 miscellaneous	旅途/旅行/度假中的乘车 touring/traveling/vacation involving riding in a vehicle
09106	3.5	多项目混合活动 miscellaneous	旅途/旅行/度假中的步行 touring/traveling/vacation involving walking
09110	2.5	多项目混合活动 miscellaneous	野营中的站姿、步行, 坐姿: 低至中等强度 camping involving standing, walking, sitting, light-to-moderate effort
09115	1.5	多项目混合活动 miscellaneous	观看体育比赛: 坐姿, 观众 sitting at a sporting event, spectator
10010	1.8	音乐活动 music playing	手风琴演奏: 坐姿 accordion, sitting

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
10020	2.3	音乐活动 music playing	大提琴演奏：坐姿 cello, sitting
10030	2.3	音乐活动 music playing	指挥管弦乐队：站姿 conducting orchestra, standing
10035	2.5	音乐活动 music playing	低音提琴演奏：站姿 double bass, standing
10040	3.8	音乐活动 music playing	击鼓：坐姿 drums, sitting
10045	3.0	音乐活动 music playing	打击乐器（如：邦戈鼓、康加鼓、本贝鼓）：中等强度，坐姿 drumming (e.g., bongo, conga, benbe), moderate, sitting
10050	2.0	音乐活动 music playing	长笛演奏：坐姿 flute, sitting
10060	1.8	音乐活动 music playing	圆号演奏：站姿 horn, standing
10070	2.3	音乐活动 music playing	钢琴演奏：坐姿 piano, sitting
10074	2.0	音乐活动 music playing	演奏乐器：一般 playing musical instruments, general
10077	2.0	音乐活动 music playing	风琴演奏：坐姿 organ, sitting
10080	3.5	音乐活动 music playing	长号演奏：站姿 trombone, standing
10090	1.8	音乐活动 music playing	小号演奏：站姿 trumpet, standing
10100	2.5	音乐活动 music playing	小提琴演奏：坐姿 violin, sitting
10110	1.8	音乐活动 music playing	木管乐器演奏：坐姿 woodwind, sitting
10120	2.0	音乐活动 music playing	吉他演奏：古典、民俗，坐姿 guitar, classical, folk, sitting
10125	3.0	音乐活动 music playing	吉他演奏：摇滚乐队，站姿 guitar, rock and roll band, standing
10130	4.0	音乐活动 music playing	行进乐队：指挥棒旋转，步行，中等节奏，一般 marching band, baton twirling, walking, moderate pace, general
10131	5.5	音乐活动 music playing	行进乐队：乐器演奏，步行，快节奏，一般 marching band, playing an instrument, walking, brisk pace, general
10135	3.5	音乐活动 music playing	行进乐队：乐队指挥，步行 marching band, drum major, walking
11003	2.3	职业活动 occupation	升降式工作台/站立式办公桌：跑步机工作台，步行 active workstation, treadmill desk, walking
11006	3.0	职业活动 occupation	空乘 airline flight attendant
11010	4.0	职业活动 occupation	面包店工作：一般，中等强度 bakery, general, moderate effort
11015	2.0	职业活动 occupation	面包店工作：低强度 bakery, light effort
11020	2.3	职业活动 occupation	图书装订工作 bookbinding

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
11030	6.0	职业活动 occupation	道路建设：驾驶重型机械 building road, driving heavy machinery
11035	2.0	职业活动 occupation	道路建设：指挥交通，站姿 building road, directing traffic, standing
11038	2.5	职业活动 occupation	木工工作：一般，低强度 carpentry, general, light effort
11040	4.3	职业活动 occupation	木工工作：中等强度 carpentry, general, moderate effort
11042	7.0	职业活动 occupation	木工工作：一般，重体力劳动、高强度 carpentry, general, heavy or vigorous effort
11050	8.0	职业活动 occupation	搬运重物（如：砖块、工具） carrying heavy loads (e.g., bricks, tools)
11060	8.0	职业活动 occupation	搬运中等负荷上楼梯：移动11.3-22.2公斤的箱子 carrying moderate loads up stairs, moving boxes 25-49 lbs
11070	4.0	职业活动 occupation	客房业务：酒店管家、铺床、清洁浴室、推车 chambermaid, hotel housekeeper, making bed, cleaning bathroom, pushing cart
11080	5.3	职业活动 occupation	煤矿工作：开采煤矿、岩石 coal mining, drilling coal, rock
11090	5.0	职业活动 occupation	煤矿工作：安装支架 coal mining, erecting supports
11100	5.5	职业活动 occupation	煤矿工作：一般 coal mining, general
11110	6.3	职业活动 occupation	煤矿工作：铲煤 coal mining, shoveling coal
11115	2.5	职业活动 occupation	烹饪：厨师 cook, chef
11120	4.0	职业活动 occupation	建筑工程：户外、改造、新建筑（如：屋顶维修、其他） construction, outside, remodeling, new structures (e.g., roof repair, miscellaneous)
11125	2.3	职业活动 occupation	设施监管工作：低强度（如：清洁水槽和厕所、除尘、吸尘、简单的清洁） custodial work, light effort (e.g., cleaning sink and toilet, dusting, vacuuming, light cleaning)
11126	3.8	职业活动 occupation	设施管理工作：中等强度（如：清扫竞技场地板、拖地、处理垃圾、吸尘） custodial work, moderate effort (e.g., electric buffer, feathering arena floors, mopping, taking out trash, vacuuming)
11130	3.3	职业活动 occupation	电气工作（如：布线工作，电缆安装和粘接） electrical work (e.g., hook up wire, tapping-splicing)
11135	1.8	职业活动 occupation	工程师（如：机械或电气） engineer (e.g., mechanical or electrical)
11145	7.8	职业活动 occupation	农牧业工作：高强度（如：打包干草、打扫谷仓） farming, vigorous effort (e.g., baling hay, cleaning barn)
11146	4.8	职业活动 occupation	农牧业工作：中等强度（如：喂养动物、步行或骑马赶牛、撒肥料、收割庄稼） farming, moderate effort (e.g., feeding animals, chasing cattle by walking and/or horseback, spreading manure, harvesting crops)
11147	2.0	职业活动 occupation	农牧业工作：低强度（如：清洁动物棚、准备动物饲料） farming, light effort (e.g., cleaning animal sheds, preparing animal feed)
11170	2.8	职业活动 occupation	农牧业工作：驾驶（如：拖拉机或收割机） farming, driving tasks (e.g., driving tractor or harvester)
11180	3.5	职业活动 occupation	农牧业工作：喂养小动物 farming, feeding small animals

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
11190	4.3	职业活动 occupation	农牧业工作: 喂养牛、马 farming, feeding cattle, horses
11191	4.3	职业活动 occupation	农牧业工作: 为动物运水、一般农业运水、一般运水 farming, hauling water for animals, general hauling water, farming, general hauling water
11192	4.5	职业活动 occupation	农牧业工作: 照料动物(如: 梳洗、刷洗、修剪羊毛、协助分娩、医疗、打标签), 一般 farming, taking care of animals (e.g., grooming, brushing, shearing sheep, assisting with birthing, medical care, branding), general
11195	3.8	职业活动 occupation	农牧业工作: 水稻种植、谷物研磨活动 farming, rice, planting, grain milling activities
11210	3.5	职业活动 occupation	农牧业工作: 用手挤奶、清洗提桶, 中等强度 farming, milking by hand, cleaning pails, moderate effort
11220	1.3	职业活动 occupation	农牧业工作: 机械挤奶, 低强度 farming, milking by machine, light effort
11240	8.0	职业活动 occupation	消防员: 一般 fire fighter, general
11244	6.8	职业活动 occupation	消防员: 救援受害者, 车祸现场, 使用挂钩 fire fighter, rescue victim, automobile accident, using pike pole
11245	8.0	职业活动 occupation	消防员: 装备消防服爬梯子, 模拟灭火训练 fire fighter, raising and climbing ladder with full gear, simulated fire suppression
11246	9.0	职业活动 occupation	消防员: 在地面上运输软管、搬运/起重设备、破墙壁等, 装备一整套的消防服 fire fighter, hauling hoses on ground, carrying/hoisting equipment, breaking down walls etc., wearing full gear
11247	3.5	职业活动 occupation	钓鱼: 商业用途, 低强度 fishing, commercial, light effort
11248	5.0	职业活动 occupation	钓鱼: 商业用途, 中等强度 fishing, commercial, moderate effort
11249	7.0	职业活动 occupation	钓鱼: 商业用途, 高强度 fishing, commercial, vigorous effort
11250	17.5	职业活动 occupation	林业: 用斧头伐木, 非常快, 1.25公斤的斧头, 51次/分钟, 极其高的强度 forestry, ax chopping, very fast, 1.25 kg axe, 51 blows/min, extremely vigorous effort
11260	5.0	职业活动 occupation	林业: 用斧头伐木, 慢速, 1.25公斤的斧头, 19次/分钟, 中等强度 forestry, ax chopping, slow, 1.25 kg axe, 19 blows/min, moderate effort
11262	8.0	职业活动 occupation	林业: 用斧头伐木, 快速, 1.25公斤的斧头, 35次/分钟, 高强度 forestry, ax chopping, fast, 1.25 kg axe, 35 blows/min, vigorous effort
11264	4.5	职业活动 occupation	林业: 中等强度(如: 用电锯锯木头、除草、用锄头挖) forestry, moderate effort (e.g., sawing wood with power saw, weeding, hoeing)
11266	8.0	职业活动 occupation	林业: 高强度(如: 剥树皮、砍伐或修剪树木、搬运或堆放原木、播种、手工锯木材) forestry, vigorous effort (e.g., barking, felling, or trimming trees, carrying or stacking logs, planting seeds, sawing lumber by hand)
11370	4.5	职业活动 occupation	毛皮制作 furriery
11375	4.0	职业活动 occupation	收集垃圾: 步行、垃圾袋扔到卡车上 garbage collector, walking, dumping bins into truck
11378	1.8	职业活动 occupation	发型师(如: 编头发、修指甲、化妆) hairstylist (e.g., plaiting hair, manicure, make-up artist)
11380	7.3	职业活动 occupation	养马: 喂养、清理马厩、清洗马匹、刷洗、修剪毛, 调教和训练马 horse grooming, including feeding, cleaning stalls, bathing, brushing, clipping, longeing and exercising horses
11381	4.3	职业活动 occupation	护理马匹: 喂食、喂水、清理马厩, 隐含步行和运物 horse, feeding, watering, cleaning stalls, implied walking and lifting loads

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
11390	7.3	职业活动 occupation	赛马：飞奔 horse racing, galloping
11400	5.8	职业活动 occupation	赛马：快步 horse racing, trotting
11410	3.8	职业活动 occupation	赛马：慢步 horse racing, walking
11413	3.0	职业活动 occupation	厨房帮工 kitchen maid
11415	4.0	职业活动 occupation	草坪管理员：庭院工作，一般 lawn keeper, yard work, general
11418	3.3	职业活动 occupation	洗衣服务人员 laundry worker
11420	3.0	职业活动 occupation	锁匠 locksmith
11430	3.0	职业活动 occupation	机械制造业（如：机械加工、钣金加工、机床装配维修、车床操作、焊接），低至中等强度 machine tooling (e.g., machining, working sheet metal, machine fitter, operating lathe, welding) light-to-moderate effort
11450	5.0	职业活动 occupation	机械制造业：冲床操作，中等强度 Machine tooling, operating punch press, moderate effort
11472	1.8	职业活动 occupation	管理：资产管理 manager, property
11475	2.8	职业活动 occupation	体力型劳动或非技能型劳动：一般，低强度 manual or unskilled labor, general, light effort
11476	4.5	职业活动 occupation	体力型劳动或非技能型劳动：一般，中等强度 manual or unskilled labor, general, moderate effort
11477	6.5	职业活动 occupation	体力型劳动或非技能型劳动：一般，高强度 manual or unskilled labor, general, vigorous effort
11480	4.3	职业活动 occupation	瓦工：凝固混凝土，中等强度 masonry, concrete, moderate effort
11482	2.5	职业活动 occupation	瓦工：凝固混凝土，低强度 masonry, concrete, light effort
11485	4.0	职业活动 occupation	按摩治疗师：站姿 massage therapist, standing
11490	7.5	职业活动 occupation	移动：携带或推动重物，34.0公斤或以上，仅限活动时间（如：移动办公桌、移动货车工作） moving, carrying or pushing heavy objects, 75 lbs or more, only active time (e.g., desks, moving van work)
11495	12.0	职业活动 occupation	无潜水服潜水或携带氧气潜水，海豹突击队 skindiving or SCUBA diving as a frogman, Navy Seal
11500	2.5	职业活动 occupation	操作重型设备：自动化，不驾驶 operating heavy duty equipment, automated, not driving
11510	4.5	职业活动 occupation	采摘橙树林：采摘水果 orange grove work, picking fruit
11514	3.3	职业活动 occupation	油漆工：房屋、家具，中等强度 painting, house, furniture, moderate effort
11516	3.0	职业活动 occupation	管道工作 plumbing activities
11520	2.0	职业活动 occupation	印刷：造纸工业工人，站姿 printing, paper industry worker, standing
11525	2.5	职业活动 occupation	警察：指挥交通，站姿 police, directing traffic, standing

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
11526	2.5	职业活动 occupation	警察: 驾驶警车, 坐姿 police, driving a squad car, sitting
11527	1.3	职业活动 occupation	警察: 乘坐警车, 坐姿 police, riding in a squad car, sitting
11528	4.0	职业活动 occupation	警察: 逮捕, 站姿 police, making an arrest, standing
11529	2.3	职业活动 occupation	邮递员: 步行送邮件 postal carrier, walking to deliver mail
11530	2.0	职业活动 occupation	修鞋: 一般 shoe repair, general
11540	7.8	职业活动 occupation	铲: 挖沟 shoveling, digging ditches
11550	8.8	职业活动 occupation	铲: 大于7.3公斤/分钟, 深挖, 高强度 shoveling, more than 16 lbs/minute, deep digging, vigorous effort
11560	5.0	职业活动 occupation	铲: 小于4.5公斤/分钟, 中等强度 shoveling, less than 10 lbs/minute, moderate effort
11570	6.5	职业活动 occupation	铲: 4.5-6.8公斤/分钟, 高强度 shoveling, 10 to 15 lbs/minute, vigorous effort
11580	1.5	职业活动 occupation	坐着的工作: 低强度 (如: 办公室工作、化学实验室工作、计算机工作, 简单的组装维修、手表维修、阅读、书桌工作) sitting tasks, light effort (e.g., office work, chemistry lab work, computer work, light assembly repair, watch repair, reading, desk work)
11585	1.5	职业活动 occupation	坐着开会: 低强度, 一般, 和/或包括谈话在内 (如: 在商务会议上用餐) sitting meetings, light effort, general, and/or with talking involved (e.g., eating at a business meeting)
11590	2.5	职业活动 occupation	坐着的工作: 中等强度 (如: 推重型杠杆、骑式割草机/叉车、起重机操作) sitting tasks, moderate effort (e.g., pushing heavy levers, riding mower/forklift, crane operation)
11593	2.8	职业活动 occupation	坐姿: 伸展运动或瑜伽教学, 或低强度的运动课 sitting, teaching stretching or yoga, or light effort exercise class
11600	3.0	职业活动 occupation	站立的工作: 低强度 (如: 调酒、店员、组装、归档、复写、图书管理员、搭建圣诞树, 在工作中站立和说话、在上体育课时站着换衣服, 站立) standing tasks, light effort (e.g., bartending, store clerk, assembling, filing, duplicating, librarian, putting up a Christmas tree, standing and talking at work, changing clothes when teaching physical education, standing)
11610	3.0	职业活动 occupation	站姿: 低/中等强度 (如: 组装/修理重型部件、焊接、储存部件、汽车修理、站立、包装盒子, 护理病人) standing, light/moderate effort (e.g., assemble/repair heavy parts, welding, stocking parts, auto repair, standing, packing boxes, nursing patient care)
11615	4.5	职业活动 occupation	站姿: 中等强度, 持续提升物品, 4.5-9.1公斤, 伴随有限度的步行或休息 standing, moderate effort, lifting items continuously, 10 – 20 lbs, with limited walking or resting
11620	3.5	职业活动 occupation	站姿: 中等强度, 间歇提升22.7公斤的物品, 挂钩/扭绳 standing, moderate effort, intermittent lifting 50 lbs, hitch/twisting ropes
11630	4.5	职业活动 occupation	站姿: 中等/重型任务 (如: 举起超过22.7公斤的物品, 砖石、油漆、裱贴墙纸) standing, moderate/heavy tasks (e.g., lifting more than 50 lbs, masonry, painting, paper hanging)
11708	5.3	职业活动 occupation	钢铁厂: 中等强度 (如: 修整、锻造、倾翻模具) steel mill, moderate effort (e.g., fettling, forging, tipping molds)
11710	8.3	职业活动 occupation	钢铁厂: 高强度 (如: 手工轧制、商家轧制、去除炉渣、保养火炉) steel mill, vigorous effort (e.g., hand rolling, merchant mill rolling, removing slag, tending furnace)
11720	2.3	职业活动 occupation	裁缝: 裁剪面料 tailoring, cutting fabric

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
11730	2.5	职业活动 occupation	裁缝: 一般 tailoring, general
11740	1.8	职业活动 occupation	裁缝: 手缝 tailoring, hand sewing
11750	2.5	职业活动 occupation	裁缝: 机缝 tailoring, machine sewing
11760	3.5	职业活动 occupation	裁缝: 熨烫 tailoring, pressing
11763	2.0	职业活动 occupation	裁缝: 编织, 低强度 (如: 整理操作、洗涤、染色、检查布料、测量长度、文书工作) tailoring, weaving, light effort (e.g., finishing operations, washing, dyeing, inspecting cloth, counting yards, paperwork)
11765	4.0	职业活动 occupation	裁缝: 编织, 中等强度 (如: 纺纱和编织操作、将纱线盒送到纺纱机、装经纱、压扁、缠绕、翘曲、布料切割) tailoring, weaving, moderate effort (e.g., spinning and weaving operations, delivering boxes of yam to spinners, loading of warp beam, pinwinding, conewinding, warping, cloth cutting)
11766	6.5	职业活动 occupation	卡车驾驶: 装卸卡车、捆绑负载, 站立、行走和搬运重物 truck driving, loading and unloading truck, tying down load, standing, walking and carrying heavy loads
11767	2.0	职业活动 occupation	卡车: 驾驶送货卡车、出租车、穿梭巴士、校车 Truck, driving delivery truck, taxi, shuttlebus, school bus
11770	1.3	职业活动 occupation	打字: 电动、手动或电脑 typing, electric, manual or computer
11780	6.3	职业活动 occupation	使用重型动力工具, 如气动工具 (如: 手提钻、钻头) using heavy power tools such as pneumatic tools (e.g., jackhammers, drills)
11790	8.0	职业活动 occupation	使用重型工具 (非动力型), 如: 铲、镐、隧道杆、铲子 using heavy tools (not power) such as shovel, pick, tunnel bar, spade
11791	2.0	职业活动 occupation	工作中的行走: 在办公室或实验室区域, 以小于3.2公里/小时的速度行走, 速度非常慢 walking on job, less than 2.0 mph, very slow speed, in office or lab area
11792	3.5	职业活动 occupation	工作中的行走: 4.8公里/小时, 在办公室, 中等速度, 不携带任何物品 walking on job, 3.0 mph, in office, moderate speed, not carrying anything
11793	4.3	职业活动 occupation	工作中的行走: 5.6公里/小时, 在办公室, 快速, 不携带任何物品 walking on job, 3.5 mph, in office, brisk speed, not carrying anything
11795	3.5	职业活动 occupation	工作中的行走: 4公里/小时, 慢速, 携带小于11.3公斤的轻物 walking on job, 2.5 mph, slow speed and carrying light objects less than 25 lbs
11796	3.0	职业活动 occupation	步行: 收拾工作中的物品, 准备离开 walking, gathering things at work, ready to leave
11797	3.8	职业活动 occupation	步行: 4.0公里/小时, 慢速, 携带超过11.3公斤的重物 walking, 2.5 mph, slow speed, carrying heavy objects more than 25 lbs
11800	4.5	职业活动 occupation	步行: 4.8公里/小时, 中等速度, 携带小于11.3公斤的轻物 walking, 3.0 mph, moderately and carrying light objects less than 25 lbs
11805	3.5	职业活动 occupation	步行: 推着轮椅 walking, pushing a wheelchair
11810	4.8	职业活动 occupation	步行: 5.6公里/小时, 快速, 携带小于11.3公斤的物体 walking, 3.5 mph, briskly and carrying objects less than 25 lbs
11820	5.0	职业活动 occupation	步行或下楼梯或站立: 携带约11.3-22.2公斤的物品 walking or walk downstairs or standing, carrying objects about 25 to 49 lbs
11830	6.5	职业活动 occupation	步行或下楼梯或站立: 携带约22.7-33.6公斤的物品 walking or walk downstairs or standing, carrying objects about 50 to 74 lbs
11840	7.5	职业活动 occupation	步行或下楼梯或站立: 携带约34.0-44.9公斤的物品 walking or walk downstairs or standing, carrying objects about 75 to 99 lbs

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
11850	8.5	职业活动 occupation	步行或下楼梯或站立：携带约45.4公斤或以上的物品 walking or walk downstairs or standing, carrying objects about 100 lbs or more
11870	3.0	职业活动 occupation	现场工作：剧院演员，后台工作的员工 working in scene shop, theater actor, backstage employee
12010	6.0	跑步 running	慢跑/步行相结合（慢跑不到10分钟） jog/walk combination (jogging component of less than 10 minutes) (Taylor Code 180)
12020	7.0	跑步 running	慢跑：一般 jogging, general
12025	8.0	跑步 running	慢跑：场地跑 jogging, in place
12027	4.5	跑步 running	慢跑：在迷你蹦床上 jogging, on a mini-tramp
12029	6.0	跑步 running	跑步：6.4公里/小时（107.3米/分钟） Running, 4 mph (13 min/mile)
12030	8.3	跑步 running	跑步：8.0公里/小时（134.1米/分钟） running, 5 mph (12 min/mile)
12040	9.0	跑步 running	跑步：8.4公里/小时（139.4米/分钟） running, 5.2 mph (11.5 min/mile)
12050	9.8	跑步 running	跑步：9.7公里/小时（160.9米/分钟） running, 6 mph (10 min/mile)
12060	10.5	跑步 running	跑步：10.8公里/小时（179.7米/分钟） running, 6.7 mph (9 min/mile)
12070	11.0	跑步 running	跑步：11.3公里/小时（187.7米/分钟） running, 7 mph (8.5 min/mile)
12080	11.5	跑步 running	跑步：12.1公里/小时（201.1米/分钟） running, 7.5 mph (8 min/mile)
12090	11.8	跑步 running	跑步：12.9公里/小时（214.5米/分钟） running, 8 mph (7.5 min/mile)
12100	12.3	跑步 running	跑步：13.8公里/小时（230.6米/分钟） running, 8.6 mph (7 min/mile)
12110	12.8	跑步 running	跑步：14.5公里/小时（241.4米/分钟） running, 9 mph (6.5 min/mile)
12120	14.5	跑步 running	跑步：16.1公里/小时（268.2米/分钟） running, 10 mph (6 min/mile)
12130	16.0	跑步 running	跑步：17.7公里/小时（295.0米/分钟） running, 11 mph (5.5 min/mile)
12132	19.0	跑步 running	跑步：19.3公里/小时（321.8米/分钟） running, 12 mph (5 min/mile)
12134	19.8	跑步 running	跑步：20.9公里/小时（348.6米/分钟） running, 13 mph (4.6 min/mile)
12135	23.0	跑步 running	跑步：22.5公里/小时（375.4米/分钟） running, 14 mph (4.3 min/mile)
12140	9.0	跑步 running	跑步：越野 running, cross country
12150	8.0	跑步 running	跑步 running, (Taylor code 200)
12170	15.0	跑步 running	跑步：上楼 running, stairs, up

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
12180	10.0	跑步 running	跑步: 在赛道上, 团队练习 running, on a track, team practice
12190	8.0	跑步 running	跑步: 训练、推轮椅或推婴儿车 running, training, pushing a wheelchair or baby carrier
12200	13.3	跑步 running	跑步: 马拉松 running, marathon
13000	2.3	自我护理 self care	准备睡觉: 一般, 站姿 getting ready for bed, general, standing
13009	1.8	自我护理 self care	上厕所: 坐在马桶上、站姿或蹲下进行排泄 sitting on toilet, eliminating while standing or squatting
13010	1.5	自我护理 self care	洗澡: 坐姿 bathing, sitting
13020	2.5	自我护理 self care	换衣服: 站姿或坐姿 dressing, undressing, standing or sitting
13030	1.5	自我护理 self care	吃饭: 坐姿 eating, sitting
13035	2.0	自我护理 self care	边说话边吃饭或仅是吃饭: 站姿 talking and eating or eating only, standing
13036	1.5	自我护理 self care	服药: 坐姿或站姿 taking medication, sitting or standing
13040	2.0	自我护理 self care	梳洗: 洗手、剃须、刷牙、化妆, 坐姿或站姿 grooming, washing hands, shaving, brushing teeth, putting on make-up, sitting or standing
13045	2.5	自我护理 self care	整理发型: 站姿 hairstyling, standing
13046	1.3	自我护理 self care	剪头发或做美甲: 坐姿 having hair or nails done by someone else, sitting
13050	2.0	自我护理 self care	淋浴: 用毛巾擦拭, 站姿 showering, toweling off, standing
14010	2.8	性行为 sexual activity	积极: 高强度 active, vigorous effort
14020	1.8	性行为 sexual activity	一般: 中等强度 general, moderate effort
14030	1.3	性行为 sexual activity	被动: 低强度, 接吻、拥抱 passive, light effort, kissing, hugging
15000	5.5	体育运动 sports	阿拉斯加原住民运动会、爱斯基摩人奥运会, 一般 Alaska Native Games, Eskimo Olympics, general
15010	4.3	体育运动 sports	射箭: 非打猎型 archery, non-hunting
15020	7.0	体育运动 sports	羽毛球: 竞技 badminton, competitive (Taylor Code 450)
15030	5.5	体育运动 sports	羽毛球: 社交单打和双打, 一般 badminton, social singles and doubles, general
15040	8.0	体育运动 sports	篮球: 比赛 basketball, game (Taylor Code 490)
15050	6.0	体育运动 sports	篮球: 非竞技, 一般 basketball, non-game, general (Taylor Code 480)
15055	6.5	体育运动 sports	篮球: 一般 basketball, general

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
15060	7.0	体育运动 sports	篮球：裁判 basketball, officiating (Taylor Code 500)
15070	4.5	体育运动 sports	篮球：投篮 basketball, shooting baskets
15072	9.3	体育运动 sports	篮球：训练，练习 basketball, drills, practice
15075	7.8	体育运动 sports	篮球：轮椅 basketball, wheelchair
15080	2.5	体育运动 sports	台球 billiards
15090	3.0	体育运动 sports	保龄球 bowling (Taylor Code 390)
15092	3.8	体育运动 sports	保龄球：室内，保龄球馆 bowling, indoor, bowling alley
15100	12.8	体育运动 sports	拳击：拳击场，一般 boxing, in ring, general
15110	5.5	体育运动 sports	拳击：打沙袋 boxing, punching bag
15120	7.8	体育运动 sports	拳击：陪练 boxing, sparring
15130	7.0	体育运动 sports	扫帚球 broomball
15135	5.8	体育运动 sports	成人玩儿童游戏（如：跳房子、4平方、躲避球、游乐场设备、儿童棒球、绳球、弹珠、街机游戏），中等强度 children's games, adults playing (e.g., hopscotch, 4-square, dodgeball, playground apparatus, t-ball, tetherball, marbles, arcade games), moderate effort
15138	6.0	体育运动 sports	啦啦队：体操动作，竞技 cheerleading, gymnastic moves, competitive
15140	4.0	体育运动 sports	教练：美式橄榄球、足球、篮球、棒球、游泳等 coaching, football, soccer, basketball, baseball, swimming, etc.
15142	8.0	体育运动 sports	教练：积极地与球员一起训练 coaching, actively playing sport with players
15150	4.8	体育运动 sports	板球：击球、投掷、守备 cricket, batting, bowling, fielding
15160	3.3	体育运动 sports	门球 croquet
15170	4.0	体育运动 sports	冰壶 curling
15180	2.5	体育运动 sports	飞镖：墙上或草坪上 darts, wall or lawn
15190	6.0	体育运动 sports	飙车：推或驾驶汽车 drag racing, pushing or driving a car
15192	8.5	体育运动 sports	赛车：方程式赛车 auto racing, open wheel
15200	6.0	体育运动 sports	击剑 fencing
15210	8.0	体育运动 sports	美式橄榄球：竞技 football, competitive

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
15230	8.0	体育运动 sports	美式橄榄球, 触式橄榄球, 腰旗橄榄球, 一般 football, touch, flag, general (Taylor Code 510)
<i>15232</i>	<i>4.0</i>	体育运动 sports	美式橄榄球, 触式橄榄球, 腰旗橄榄球, 低强度 football, touch, flag, light effort
<i>15235</i>	<i>2.5</i>	体育运动 sports	美式橄榄球或棒球: 接球 football or baseball, playing catch
<i>15240</i>	<i>3.0</i>	体育运动 sports	飞盘: 一般 frisbee playing, general
<i>15250</i>	<i>8.0</i>	体育运动 sports	飞盘: 极限 frisbee, ultimate
<i>15255</i>	<i>4.8</i>	体育运动 sports	高尔夫: 一般 golf, general
<i>15265</i>	<i>4.3</i>	体育运动 sports	高尔夫: 步行, 携带球杆 golf, walking, carrying clubs
<i>15270</i>	<i>3.0</i>	体育运动 sports	高尔夫: 微型, 练习场 golf, miniature, driving range
<i>15285</i>	<i>5.3</i>	体育运动 sports	高尔夫: 步行, 拉球杆 golf, walking, pulling clubs
<i>15290</i>	<i>3.5</i>	体育运动 sports	高尔夫: 使用动力推车 golf, using power cart (Taylor Code 070)
<i>15300</i>	<i>3.8</i>	体育运动 sports	体操: 一般 gymnastics, general
<i>15310</i>	<i>4.0</i>	体育运动 sports	沙包球 hacky sack
<i>15320</i>	<i>12.0</i>	体育运动 sports	手球: 一般 handball, general (Taylor Code 520)
<i>15330</i>	<i>8.0</i>	体育运动 sports	手球: 团队 handball, team
<i>15335</i>	<i>4.0</i>	体育运动 sports	高绳索课程: 多元素 high ropes course, multiple elements
<i>15340</i>	<i>3.5</i>	体育运动 sports	滑翔翼 hang gliding
<i>15350</i>	<i>7.8</i>	体育运动 sports	曲棍球: 场地 hockey, field
<i>15360</i>	<i>8.0</i>	体育运动 sports	曲棍球: 冰上, 一般 hockey, ice, general
<i>15362</i>	<i>10.0</i>	体育运动 sports	曲棍球: 冰上, 竞技 hockey, ice, competitive
<i>15370</i>	<i>5.5</i>	体育运动 sports	骑马: 一般 horseback riding, general
<i>15375</i>	<i>4.3</i>	体育运动 sports	护理马匹: 喂食、喂水、清洁马厩, 隐含步行和运物 horse chores, feeding, watering, cleaning stalls, implied walking and lifting loads
<i>15380</i>	<i>4.5</i>	体育运动 sports	马鞍: 清理、梳理、安装和解除 saddling, cleaning, grooming, harnessing and unharnessing horse
<i>15390</i>	<i>5.8</i>	体育运动 sports	骑马: 快步 horseback riding, trotting
<i>15395</i>	<i>7.3</i>	体育运动 sports	骑马: 跑步或飞奔 horseback riding, canter or gallop

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
15400	3.8	体育运动 sports	骑马：慢步 horseback riding, walking
15402	9.0	体育运动 sports	骑马：跳跃 horseback riding, jumping
15408	1.8	体育运动 sports	马车：驾驶，站姿或坐姿 horse cart, driving, standing or sitting
15410	3.0	体育运动 sports	马蹄投球：投球 horseshoe pitching, quoits
15420	12.0	体育运动 sports	壁网球 jai alai
15425	5.3	体育运动 sports	武术：不同类型，慢速，新手表演、练习 martial arts, different types, slower pace, novice performers, practice
15430	10.3	体育运动 sports	武术：不同类型，中等速度（如：柔道、柔术、空手道、踢拳、跆拳道、泰博、泰拳） martial arts, different types, moderate pace (e.g., judo, jujitsu, karate, kick boxing, tae kwan do, tai-bo, Muay Thai boxing)
15440	4.0	体育运动 sports	杂技 juggling
15450	7.0	体育运动 sports	踢球运动（儿童足球游戏） kickball
15460	8.0	体育运动 sports	长曲棍球 lacrosse
15465	3.3	体育运动 sports	草地滚球：硬地滚球，户外 lawn bowling, bocce ball, outdoor
15470	4.0	体育运动 sports	摩托越野：越野汽车运动，全地形车，一般 moto-cross, off-road motor sports, all-terrain vehicle, general
15480	9.0	体育运动 sports	定向运动 orienteering
15490	10.0	体育运动 sports	波板球：竞技 paddleball, competitive
15500	6.0	体育运动 sports	波板球：休闲，一般 paddleball, casual, general (Taylor Code 460)
15510	8.0	体育运动 sports	马球：在马背上 polo, on horseback
15520	10.0	体育运动 sports	美式壁球：竞技 racquetball, competitive
15530	7.0	体育运动 sports	美式壁球：一般 racquetball, general (Taylor Code 470)
15533	8.0	体育运动 sports	攀岩或登山 rock or mountain climbing (Taylor Code 470) (Formerly code = 17120)
15535	7.5	体育运动 sports	攀岩：攀登，高难度 rock climbing, ascending rock, high difficulty
15537	5.8	体育运动 sports	攀岩：攀登或横移，低到中等难度 rock climbing, ascending or traversing rock, low-to-moderate difficulty
15540	5.0	体育运动 sports	攀岩：速降 rock climbing, rappelling
15542	4.0	体育运动 sports	牛仔竞技：一般，低强度 rodeo sports, general, light effort
15544	5.5	体育运动 sports	牛仔竞技：一般，中等强度 rodeo sports, general, moderate effort

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
15546	7.0	体育运动 sports	牛仔竞技: 一般, 高强度 rodeo sports, general, vigorous effort
15550	12.3	体育运动 sports	跳绳: 快速, 每分钟120-160次 rope jumping, fast pace, 120-160 skips/min
15551	11.8	体育运动 sports	跳绳: 中等速度, 每分钟100-120次, 一般, 双脚跳, 平跳 rope jumping, moderate pace, 100-120 skips/min, general, 2 foot skip, plain bounce
15552	8.8	体育运动 sports	跳绳: 慢速, 每分钟小于100次, 双脚跳, 节奏跳 rope jumping, slow pace, < 100 skips/min, 2 foot skip, rhythm bounce
15560	8.3	体育运动 sports	英式橄榄球、集体项目, 竞技 rugby, union, team, competitive
15562	6.3	体育运动 sports	英式橄榄球: 触式, 非竞技 rugby, touch, non-competitive
15570	3.0	体育运动 sports	沙狐球/沙壶球 shuffleboard
15580	5.0	体育运动 sports	滑板: 一般, 中等强度 skateboarding, general, moderate effort
15582	6.0	体育运动 sports	滑板: 竞技, 高强度 skateboarding, competitive, vigorous effort
15590	7.0	体育运动 sports	滑冰: 旱地滑冰 skating, roller (Taylor Code 360)
15591	7.5	体育运动 sports	轮滑: 直排轮滑, 14.4公里/小时, 休闲速度 rollerblading, in-line skating, 14.4 km/h (9.0 mph), recreational pace
15592	9.8	体育运动 sports	轮滑: 直排轮滑, 17.7公里/小时, 中等速度, 运动训练 rollerblading, in-line skating, 17.7 km/h (11.0 mph), moderate pace, exercise training
15593	12.3	体育运动 sports	轮滑: 直排轮滑, 21.0-21.7公里/小时, 快速, 运动训练 rollerblading, in-line skating, 21.0 to 21.7 km/h (13.0 to 13.6 mph), fast pace, exercise training
15594	14.0	体育运动 sports	轮滑: 直排轮滑, 24.0公里/小时, 最大努力 rollerblading, in-line skating, 24.0 km/h (15.0 mph), maximal effort
15600	3.5	体育运动 sports	跳伞、低空跳伞、蹦极 skydiving, base jumping, bungee jumping
15605	10.0	体育运动 sports	足球: 竞技 soccer, competitive
15610	7.0	体育运动 sports	足球: 非正式, 一般 soccer, casual, general (Taylor Code 540)
15620	5.0	体育运动 sports	垒球或棒球: 快速或慢速投球, 一般 softball or baseball, fast or slow pitch, general (Taylor Code 440)
15625	4.0	体育运动 sports	垒球: 练习 softball, practice
15630	4.0	体育运动 sports	垒球: 裁判 softball, officiating
15640	6.0	体育运动 sports	垒球: 投球 softball, pitching
15645	3.3	体育运动 sports	体育观众: 非常兴奋, 情绪化, 身体有移动 sports spectator, very excited, emotional, physically moving
15650	12.0	体育运动 sports	壁球 squash (Taylor Code 530)
15652	7.3	体育运动 sports	壁球: 一般 squash, general

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
15660	4.0	体育运动 sports	乒乓球 table tennis, ping pong (Taylor Code 410)
15670	3.0	体育运动 sports	太极拳、气功，一般 tai chi, qi gong, general
15672	1.5	体育运动 sports	太极拳、气功，坐姿，低强度 tai chi, qi gong, sitting, light effort
15675	7.3	体育运动 sports	网球：一般 tennis, general
15680	6.0	体育运动 sports	网球：双打 tennis, doubles (Taylor Code 430)
15685	4.5	体育运动 sports	网球：双打 tennis, doubles
15690	8.0	体育运动 sports	网球：单打 tennis, singles (Taylor Code 420)
15695	5.0	体育运动 sports	网球：击球，非比赛，中等强度 tennis, hitting balls, non-game play, moderate effort
15700	3.5	体育运动 sports	蹦床：休闲娱乐 trampoline, recreational
15702	4.5	体育运动 sports	蹦床：竞技 trampoline, competitive
15710	4.0	体育运动 sports	排球 volleyball (Taylor Code 400)
15711	6.0	体育运动 sports	排球：竞技，体育馆内 volleyball, competitive, in gymnasium
15720	3.0	体育运动 sports	排球：非竞技比赛，6-9人练习，一般 volleyball, non-competitive, 6 - 9 member team, general
15725	8.0	体育运动 sports	排球：沙滩，在沙场里 volleyball, beach, in sand
15730	6.0	体育运动 sports	摔跤（一回合为5分钟） wrestling (one match = 5 minutes)
15731	7.0	体育运动 sports	壁排球：一般 wallyball, general
15732	4.0	体育运动 sports	田径（如：射击、掷铁饼、掷链球） track and field (e.g., shot, discus, hammer throw)
15733	6.0	体育运动 sports	田径（如：跳高、跳远、三级跳、标枪、撑杆跳） track and field (e.g., high jump, long jump, triple jump, javelin, pole vault)
15734	10.0	体育运动 sports	田径（如：障碍赛跑、跨栏） track and field (e.g., steeplechase, hurdles)
16010	2.5	交通运输 transportation	驾驶汽车或轻型卡车（不是半挂卡车） automobile or light truck (not a semi) driving
16015	1.3	交通运输 transportation	乘坐汽车或卡车 riding in a car or truck
16016	1.3	交通运输 transportation	乘坐公交车或火车 riding in a bus or train
16020	1.8	交通运输 transportation	乘坐飞机或直升机 flying airplane or helicopter
16030	3.5	交通运输 transportation	骑摩托车：摩托车 motor scooter, motorcycle

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
16035	6.3	交通运输 transportation	拉人力车 pulling rickshaw
16040	6.0	交通运输 transportation	推动飞机进出飞机库 pushing plane in and out of hangar
16050	2.5	交通运输 transportation	驾驶大于1吨的卡车、拖拉机、拖车或大巴 truck, semi, tractor, > 1 ton, or bus, driving
16060	3.5	交通运输 transportation	步行运输: 4.5-5.1公里/小时, 平地, 中等速度, 在平坦坚固的地面上 walking for transportation, 2.8-3.2 mph, level, moderate pace, firm surface
17010	7.0	步行 walking	背着背包步行 backpacking (Taylor Code 050)
17012	7.8	步行 walking	背着背包步行: 远足或有组织的徒步旅行 backpacking, hiking or organized walking with a daypack
17020	5.0	步行 walking	负重6.8公斤(如: 手提箱): 在平地上行走或下楼梯 carrying 15 pound load (e.g. suitcase), level ground or downstairs
17021	2.3	步行 walking	负重6.8公斤重的孩子: 慢走 carrying 15 lb child, slow walking
17025	8.3	步行 walking	负重上楼: 一般 carrying load upstairs, general
17026	5.0	步行 walking	负重0.5-6.8公斤: 上楼梯 carrying 1 to 15 lb load, upstairs
17027	6.0	步行 walking	负重7.3-10.9公斤: 上楼梯 carrying 16 to 24 lb load, upstairs
17028	8.0	步行 walking	负重11.3-22.2公斤: 上楼梯 carrying 25 to 49 lb load, upstairs
17029	10.0	步行 walking	负重22.7-33.6公斤: 上楼梯 carrying 50 to 74 lb load, upstairs
17030	12.0	步行 walking	负重大于33.6公斤: 上楼梯 carrying > 74 lb load, upstairs
17031	3.5	步行 walking	装车/卸车: 隐含步行 loading /unloading a car, implied walking
17033	6.3	步行 walking	爬山: 无负重 climbing hills, no load
17035	6.5	步行 walking	爬山: 负重0.4-1.0公斤 climbing hills with 0 to 9 lb load
17040	7.3	步行 walking	爬山: 负重4.5-9.1公斤 climbing hills with 10 to 20 lb load
17050	8.3	步行 walking	爬山: 负重9.5-19.1公斤 climbing hills with 21 to 42 lb load
17060	9.0	步行 walking	爬山: 负重大于19.1公斤 climbing hills with 42+ lb load
17070	3.5	步行 walking	下楼梯 descending stairs
17080	6.0	步行 walking	徒步旅行: 越野 hiking, cross country (Taylor Code 040)
17082	5.3	步行 walking	在田野间和山坡上以正常的步调徒步旅行或散步 hiking or walking at a normal pace through fields and hillsides
17085	2.5	步行 walking	观鸟: 慢走 bird watching, slow walk

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17088	4.5	步行 walking	行军: 中等速度, 军队, 没有背包 marching, moderate speed, military, no pack
17090	8.0	步行 walking	行军: 快速, 军队, 没有背包 marching rapidly, military, no pack
17100	4.0	步行 walking	推着或拉着小孩的婴儿车散步或与孩子一起散步: 4.0-5.0公里/小时 pushing or pulling stroller with child or walking with children, 2.5 to 3.1 mph
17105	3.8	步行 walking	推轮椅: 非职业 pushing a wheelchair, non-occupational
17110	6.5	步行 walking	竞走 race walking
17130	8.0	步行 walking	爬楼梯: 使用或爬梯子 stair climbing, using or climbing up ladder (Taylor Code 030)
17133	4.0	步行 walking	爬楼梯: 步伐缓慢 stair climbing, slow pace
17134	8.8	步行 walking	爬楼梯: 步伐迅速 stair climbing, fast pace
17140	5.0	步行 walking	使用拐杖 using crutches
17150	2.0	步行 walking	步行: 家中 walking, household
17151	2.0	步行 walking	步行: 小于3.2公里/小时, 水平地面, 散步, 非常慢 walking, less than 2.0 mph, level, strolling, very slow
17152	2.8	步行 walking	步行: 3.2公里/小时, 步伐缓慢, 在平坦坚固的地面上 walking, 2.0 mph, level, slow pace, firm surface
17160	3.5	步行 walking	休闲散步 walking for pleasure (Taylor Code 010)
17161	2.5	步行 walking	从家里步行到汽车或公交车的位置, 从汽车或公交车的位置步行到目的地, 汽车或公交车的位置 与工作场所之间的往返 walking from house to car or bus, from car or bus to go places, from car or bus to and from the worksite
17162	2.5	步行 walking	因社交步行到邻居家或亲戚家 walking to neighbor's house or family's house for social reasons
17165	3.0	步行 walking	遛狗 walking the dog
17170	3.0	步行 walking	步行: 4.0公里/小时, 在平坦坚固的地面上 walking, 2.5 mph, level, firm surface
17180	3.3	步行 walking	步行: 4.0公里/小时, 下坡 walking, 2.5 mph, downhill
17190	3.5	步行 walking	步行: 4.5-5.1公里/小时, 中等速度, 在平坦坚固的地面上 walking, 2.8 to 3.2 mph, level, moderate pace, firm surface
17200	4.3	步行 walking	步行: 5.6公里/小时, 快速, 在平坦坚固的地面上, 步行锻炼 walking, 3.5 mph, level, brisk, firm surface, walking for exercise
17210	5.3	步行 walking	步行: 4.7-5.6公里/小时, 上坡, 坡度1-5% walking, 2.9 to 3.5 mph, uphill, 1 to 5% grade
17211	8.0	步行 walking	步行: 4.7-5.6公里/小时, 上坡, 坡度6-15% walking, 2.9 to 3.5 mph, uphill, 6% to 15% grade
17220	5.0	步行 walking	步行: 6.4公里/小时, 在平坦坚固的地面上, 步伐快速 walking, 4.0 mph, level, firm surface, very brisk pace
17230	7.0	步行 walking	步行: 7.2公里/小时, 在平坦坚固的地面上, 极其快速 walking, 4.5 mph, level, firm surface, very, very brisk

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
17231	8.3	步行 walking	步行: 8.0公里/小时, 在平坦坚固的地面上 walking, 5.0 mph, level, firm surface
17235	9.8	步行 walking	步行: 8.0公里/小时, 上坡, 坡度3% walking, 5.0 mph, uphill, 3% grade
17250	3.5	步行 walking	步行: 散步, 工作中的休息时间 walking, for pleasure, work break
17260	4.8	步行 walking	步行: 在草坪上行走 walking, grass track
17262	4.5	步行 walking	步行: 以正常的步速在耕地或沙地上行走 walking, normal pace, plowed field or sand
17270	4.0	步行 walking	步行: 去上班或上课 walking, to work or class (Taylor Code 015)
17280	2.5	步行 walking	步行: 往返外屋 walking, to and from an outhouse
17302	4.8	步行 walking	步行: 以锻炼为目的, 5.6-6.4公里/小时, 持健走杖, 北欧健步走, 水平地面, 中等速度 walking, for exercise, 3.5 to 4 mph, with ski poles, Nordic walking, level, moderate pace
17305	9.5	步行 walking	步行: 以锻炼为目的, 8公里/小时, 持健走杖, 北欧健步走, 水平地面, 快速 walking, for exercise, 5.0 mph, with ski poles, Nordic walking, level, fast pace
17310	6.8	步行 walking	步行: 以锻炼为目的, 持健走杖, 北欧健步走, 上坡 walking, for exercise, with ski poles, Nordic walking, uphill
17320	6.0	步行 walking	步行: 向后, 5.6公里/小时, 水平地面 walking, backwards, 3.5 mph, level
17325	8.0	步行 walking	步行: 向后, 5.6公里/小时, 上坡, 坡度5% walking, backwards, 3.5 mph, uphill, 5% grade
18010	2.5	水上活动 water activities	划船: 驾驶动力船 boating, power, driving
18012	1.3	水上活动 water activities	划船: 乘坐动力船, 低强度 boating, power, passenger, light
18020	4.0	水上活动 water activities	划艇: 露营之旅 canoeing, on camping trip (Taylor Code 270)
18025	3.3	水上活动 water activities	划艇: 收割野生稻谷, 去除稻壳 canoeing, harvesting wild rice, knocking rice off the stalks
18030	7.0	水上活动 water activities	划艇, 扛艇行走 canoeing, portaging
18040	2.8	水上活动 water activities	划艇、赛艇: 3.2-6.3公里/小时, 低强度 canoeing, rowing, 2.0-3.9 mph, light effort
18050	5.8	水上活动 water activities	划艇、赛艇: 6.4-9.5公里/小时, 中等强度 canoeing, rowing, 4.0-5.9 mph, moderate effort
18060	12.5	水上活动 water activities	划艇、赛艇、皮艇: 比赛, 速度大于9.7公里/小时, 高强度 canoeing, rowing, kayaking, competition, >6 mph, vigorous effort
18070	3.5	水上活动 water activities	划艇、赛艇: 休闲, 一般 canoeing, rowing, for pleasure, general (Taylor Code 250)
18080	12.0	水上活动 water activities	划艇、赛艇: 比赛, 作为成员或单人双桨 canoeing, rowing, in competition, or crew or sculling (Taylor Code 260)
18090	3.0	水上活动 water activities	跳水: 跳板或跳台 diving, springboard or platform
18100	5.0	水上活动 water activities	皮艇: 中等强度 kayaking, moderate effort

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18110	4.0	水上活动 water activities	用桨划船 paddle boat
18120	3.0	水上活动 water activities	帆船: 船和帆板, 帆板运动, 冰上帆船, 一般 sailing, boat and board sailing, windsurfing, ice sailing, general (Taylor Code 235)
18130	4.5	水上活动 water activities	帆船: 比赛 sailing, in competition
18140	3.3	水上活动 water activities	帆船: 雪花级/激光级/霍比、龙骨船、远洋帆船、游艇、休闲 sailing, Sunfish/Laser/Hobby Cat, Keel boats, ocean sailing, yachting, leisure
18150	6.0	水上活动 water activities	滑雪: 滑水或花式滑水 skiing, water or wakeboarding (Taylor Code 220)
18160	7.0	水上活动 water activities	水上摩托: 驾驶, 在水中 jet skiing, driving, in water
18180	15.8	水上活动 water activities	无潜水服潜水: 快速 skindiving, fast
18190	11.8	水上活动 water activities	无潜水服潜水: 中等速度 skindiving, moderate
18200	7.0	水上活动 water activities	无潜水服潜水: 水肺潜水, 一般 skindiving, scuba diving, general (Taylor Code 310)
18210	5.0	水上活动 water activities	浮潜 snorkeling (Taylor Code 310)
18220	3.0	水上活动 water activities	冲浪: 人体冲浪或冲浪板冲浪, 一般 surfing, body or board, general
18222	5.0	水上活动 water activities	冲浪: 人体冲浪或冲浪板冲浪, 竞技 surfing, body or board, competitive
18225	6.0	水上活动 water activities	用桨划船: 站姿 paddle boarding, standing
18230	9.8	水上活动 water activities	往返游泳: 自由泳, 快速, 高强度 swimming laps, freestyle, fast, vigorous effort
18240	5.8	水上活动 water activities	往返游泳: 自由泳、爬泳, 慢速, 低强度或中等强度 swimming laps, freestyle, front crawl, slow, light or moderate effort
18250	9.5	水上活动 water activities	游泳: 仰泳, 一般, 训练或比赛 swimming, backstroke, general, training or competition
18255	4.8	水上活动 water activities	游泳: 仰泳, 休闲 swimming, backstroke, recreational
18260	10.3	水上活动 water activities	游泳: 蛙泳, 一般, 训练或比赛 swimming, breaststroke, general, training or competition
18265	5.3	水上活动 water activities	游泳: 蛙泳, 休闲 swimming, breaststroke, recreational
18270	13.8	水上活动 water activities	游泳: 蝶泳, 一般 swimming, butterfly, general
18280	10.0	水上活动 water activities	游泳: 爬泳, 快速, 小于68.6米/分钟, 高强度 swimming, crawl, fast speed, ~75 yards/minute, vigorous effort
18290	8.3	水上活动 water activities	游泳: 爬泳, 中速, 小于45.7米/分钟, 高强度 swimming, crawl, medium speed, ~50 yards/minute, vigorous effort
18300	6.0	水上活动 water activities	游泳: 湖泊、海洋、河流 swimming, lake, ocean, river (Taylor Codes 280, 295)
18310	6.0	水上活动 water activities	游泳: 休闲, 不进行往返, 一般 swimming, leisurely, not lap swimming, general

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
18320	7.0	水上活动 water activities	游泳：侧泳，一般 swimming, sidestroke, general
18330	8.0	水上活动 water activities	游泳：花样游泳 swimming, synchronized
18340	9.8	水上活动 water activities	游泳：立泳，快速，高强度 swimming, treading water, fast, vigorous effort
18350	3.5	水上活动 water activities	游泳：立泳，快速，中等强度，一般 swimming, treading water, moderate effort, general
18352	2.3	水上活动 water activities	滑水：漂浮在河上，一般 tubing, floating on a river, general
18355	5.5	水上活动 water activities	水中有氧运动：水中健美操 water aerobics, water calisthenics
18360	10.0	水上活动 water activities	水球 water polo
18365	3.0	水上活动 water activities	水上排球 water volleyball
18366	9.8	水上活动 water activities	水中慢跑 water jogging
18367	2.5	水上活动 water activities	水中漫步：低强度，慢节奏 water walking, light effort, slow pace
18368	4.5	水上活动 water activities	水中漫步：中等强度，中等节奏 water walking, moderate effort, moderate pace
18369	6.8	水上活动 water activities	水中漫步：高强度，快节奏 water walking, vigorous effort, brisk pace
18370	5.0	水上活动 water activities	极速漂流：皮艇或划艇 whitewater rafting, kayaking, or canoeing
18380	5.0	水上活动 water activities	风帆冲浪：不以水泵控制速度（通过移动帆来增加推力的技术） windsurfing, not pumping for speed
18385	11.0	水上活动 water activities	风帆冲浪或风筝冲浪：航行 windsurfing or kitesurfing, crossing trial
18390	13.5	水上活动 water activities	风帆冲浪：比赛，用水泵来控制速度 windsurfing, competition, pumping for speed
19005	7.5	冬季活动 winter activities	狗拉雪橇：带狗橇在雪上行进 dog sledding, mushing
19006	2.5	冬季活动 winter activities	狗拉雪橇：乘客（不进行操纵） dog sledding, passenger
19010	6.0	冬季活动 winter activities	移动冰屋，设置/钻孔 moving ice house, set up/drill holes
19011	2.0	冬季活动 winter activities	冰钓：坐姿 ice fishing, sitting
19018	14.0	冬季活动 winter activities	滑冰：冰上舞蹈 skating, ice dancing
19020	5.5	冬季活动 winter activities	滑冰：冰上，速度小于14.5公里/小时 skating, ice, 9 mph or less
19030	7.0	冬季活动 winter activities	滑冰：冰上，一般 skating, ice, general (Taylor Code 360)
19040	9.0	冬季活动 winter activities	滑冰：冰上，快速，大于14.5公里/小时，非竞技 skating, ice, rapidly, more than 9 mph, not competitive

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
19050	13.3	冬季活动 winter activities	滑冰: 速滑, 竞技 skating, speed, competitive
19060	7.0	冬季活动 winter activities	跳台滑雪: 乘坐滑雪板上跳台 ski jumping, climb up carrying skis
19075	7.0	冬季活动 winter activities	滑雪: 一般 skiing, general
19080	6.8	冬季活动 winter activities	滑雪: 越野滑雪, 4.0公里/小时, 缓慢或是低强度, 滑雪行走 skiing, cross country, 2.5 mph, slow or light effort, ski walking
19090	9.0	冬季活动 winter activities	滑雪: 越野滑雪, 6.4-7.9公里/小时, 中等速度, 中等强度, 一般 skiing, cross country, 4.0-4.9 mph, moderate speed and effort, general
19100	12.5	冬季活动 winter activities	滑雪: 越野滑雪, 8.0-12.7公里/小时, 快速, 高强度 skiing, cross country, 5.0-7.9 mph, brisk speed, vigorous effort
19110	15.0	冬季活动 winter activities	滑雪: 越野滑雪, 速度大于12.9公里/小时, 滑雪精英, 比赛 skiing, cross country, >8.0 mph, elite skier, racing
19130	15.5	冬季活动 winter activities	滑雪: 越野滑雪, 积雪, 上坡, 最大限度, 登雪山 skiing, cross country, hard snow, uphill, maximum, snow mountaineering
19135	13.3	冬季活动 winter activities	滑雪: 越野滑雪, 滑冰 skiing, cross-country, skating
19140	13.5	冬季活动 winter activities	滑雪: 越野滑雪, 冬季两项, 滑冰技术 skiing, cross-country, biathlon, skating technique
19150	4.3	冬季活动 winter activities	滑雪: 下坡, 高山滑雪或单板滑雪, 低强度, 仅限活动时间 skiing, downhill, alpine or snowboarding, light effort, active time only
19160	5.3	冬季活动 winter activities	滑雪: 下坡, 高山滑雪或单板滑雪, 中等强度, 一般, 仅限活动时间 skiing, downhill, alpine or snowboarding, moderate effort, general, active time only
19170	8.0	冬季活动 winter activities	滑雪: 下坡, 高强度, 比赛 skiing, downhill, vigorous effort, racing
19175	12.5	冬季活动 winter activities	滑雪: 滚轴滑雪, 精英赛手 skiing, roller, elite racers
19180	7.0	冬季活动 winter activities	滑雪橇: 平底雪橇, 大型雪橇, 小型雪橇 sledding, tobogganing, bobsledding, luge (Taylor Code 370)
19190	5.3	冬季活动 winter activities	雪鞋健行: 中等强度 snow shoeing, moderate effort
19192	10.0	冬季活动 winter activities	雪鞋健行: 高强度 snow shoeing, vigorous effort
19200	3.5	冬季活动 winter activities	雪地摩托: 驾驶, 中等强度 snowmobiling, driving, moderate
19202	2.0	冬季活动 winter activities	雪地摩托: 乘客 (不进行驾驶) snowmobiling, passenger
19252	5.3	冬季活动 winter activities	铲雪: 人力, 中等强度 snow shoveling, by hand, moderate effort
19254	7.5	冬季活动 winter activities	铲雪: 人力, 高强度 snow shoveling, by hand, vigorous effort
19260	2.5	冬季活动 winter activities	除雪机: 步行, 推动除雪机 snow blower, walking and pushing
20000	1.3	宗教活动 religious activities	坐在教堂里: 礼拜, 参加仪式, 静静地坐着 sitting in church, in service, attending a ceremony, sitting quietly
20001	2.0	宗教活动 religious activities	坐姿: 在教堂里演奏乐器 sitting, playing an instrument at church

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
20005	1.8	宗教活动 religious activities	坐在教堂里: 说话或唱歌、参加仪式, 坐姿, 积极参与 sitting in church, talking or singing, attending a ceremony, sitting, active participation
20010	1.3	宗教活动 religious activities	坐姿: 在家里阅读宗教资料 sitting, reading religious materials at home
20015	1.3	宗教活动 religious activities	静静地站在教堂里: 参加仪式 standing quietly in church, attending a ceremony
20020	2.0	宗教活动 religious activities	站姿: 在教堂唱歌、参加仪式, 站姿, 积极参与 standing, singing in church, attending a ceremony, standing, active participation
20025	1.3	宗教活动 religious activities	跪在教堂或家里: 祈祷 kneeling in church or at home, praying
20030	1.8	宗教活动 religious activities	站姿: 在教堂里说话 standing, talking in church
20035	2.0	宗教活动 religious activities	在教堂里行走 walking in church
20036	2.0	宗教活动 religious activities	步行: 小于3.2公里/小时 (53米/分钟), 非常慢 walking, less than 2.0 mph, very slow
20037	3.5	宗教活动 religious activities	步行: 4.8公里/小时 (80米/分钟), 中等速度, 不携带任何物品 walking, 3.0 mph, moderate speed, not carrying anything
20038	4.3	宗教活动 religious activities	步行: 5.6公里/小时 (93米/分钟), 快速, 不携带任何物品 walking, 3.5 mph, brisk speed, not carrying anything
20039	2.0	宗教活动 religious activities	为宗教目的重复步行/站立: 进行引导工作 walk/stand combination for religious purposes, usher
20040	5.0	宗教活动 religious activities	边舞蹈或跑动边祈祷: 教堂里的宗教舞蹈 praise with dance or run, spiritual dancing in church
20045	2.5	宗教活动 religious activities	在教堂提供食物 serving food at church
20046	2.0	宗教活动 religious activities	在教堂准备食物 preparing food at church
20047	3.3	宗教活动 religious activities	洗碗、打扫教堂的厨房 washing dishes, cleaning kitchen at church
20050	1.5	宗教活动 religious activities	在教堂用餐 eating at church
20055	2.0	宗教活动 religious activities	在教堂用餐/说话或站姿用餐, 美洲印第安节日 eating/talking at church or standing eating, American Indian Feast days
20060	3.3	宗教活动 religious activities	打扫教堂 cleaning church
20061	4.0	宗教活动 religious activities	在教堂院子里的一般工作 general yard work at church
20065	3.5	宗教活动 religious activities	站姿: 中等强度 (如: 举起重物、快速组装) standing, moderate effort (e.g., lifting heavy objects, assembling at fast rate)
20095	4.5	宗教活动 religious activities	站姿: 中等至高强度, 体力劳动, 举起重量大于22.7公斤, 大规模维修 Standing, moderate-to-heavy effort, manual labor, lifting \geq 50 lbs, heavy maintenance
20100	1.3	宗教活动 religious activities	打字: 电动、手动或电脑 typing, electric, manual, or computer
21000	1.5	志愿者活动 volunteer activities	坐姿: 会议, 一般, 和/或包括谈话 sitting, meeting, general, and/or with talking involved
21005	1.5	志愿者活动 volunteer activities	坐姿: 低强度的办公室工作, 一般 sitting, light office work, in general

编码 CODE	代谢当量 METS	活动分类 MAJOR HEADING	具体活动 SPECIFIC ACTIVITIES
21010	2.5	志愿者活动 volunteer activities	坐姿：中等强度工作 sitting, moderate work
21015	2.3	志愿者活动 volunteer activities	站姿：低强度工作（如：归档、交谈、组装） standing, light work (filing, talking, assembling)
21016	2.0	志愿者活动 volunteer activities	坐姿：照顾孩子，仅在活动期间 sitting, child care, only active periods
21017	3.0	志愿者活动 volunteer activities	站姿：照顾孩子，仅在活动期间 standing, child care, only active periods
21018	3.5	志愿者活动 volunteer activities	与孩子一起散步/跑步：中等强度，仅在活动期间 walk/run play with children, moderate, only active periods
21019	5.8	志愿者活动 volunteer activities	与孩子一起散步/跑步：高强度，仅在活动期间 walk/run play with children, vigorous, only active periods
21020	3.0	志愿者活动 volunteer activities	站姿：低/中等强度工作（如：包装盒子、组装/维修、组装椅子/家具） standing, light/moderate work (e.g., pack boxes, assemble/repair, set up chairs/furniture)
21025	3.5	志愿者活动 volunteer activities	站姿：中等强度（如：举起22.7公斤的物品，快速组装） standing, moderate (lifting 50 lbs., assembling at fast rate)
21030	4.5	志愿者活动 volunteer activities	站姿：中等/重型工作 standing, moderate/heavy work
21035	1.3	志愿者活动 volunteer activities	打字：电动、手动或电脑 typing, electric, manual, or computer
21040	2.0	志愿者活动 volunteer activities	步行：小于3.2公里/小时（53米/分钟），非常慢 walking, less than 2.0 mph, very slow
21045	3.5	志愿者活动 volunteer activities	步行：4.8公里/小时（80米/分钟），中等速度，不携带任何物品 walking, 3.0 mph, moderate speed, not carrying anything
21050	4.3	志愿者活动 volunteer activities	步行：5.6公里/小时（93米/分钟），快速，不携带任何物品 walking, 3.5 mph, brisk speed, not carrying anything
21055	3.5	志愿者活动 volunteer activities	步行：4.0公里/小时（67米/分钟），慢速，并携带小于11.3公斤的物品 walking, 2.5 mph slowly and carrying objects less than 25 lbs
21060	4.5	志愿者活动 volunteer activities	步行：4.8公里/小时（80米/分钟），中等速度，携带小于11.3公斤的物品，同时推动一些东西 walking, 3.0 mph moderately and carrying objects less than 25 lbs, pushing something
21065	4.8	志愿者活动 volunteer activities	步行：5.6公里/小时（93米/分钟），快速，携带小于11.3公斤的物品 walking, 3.5 mph, briskly and carrying objects less than 25 lbs
21070	3.0	志愿者活动 volunteer activities	步行/站立相结合：志愿活动 walk/stand combination, for volunteer purposes