LASA – MET scores for sports

Code	***Sport name***	***LASA old MET scores*** *(According to sports classification for waves B to G)*	***LASA new MET scores*** *(According to sports classification for waves H, I, 3B)*	***Compendium Ainsworth: Activity: Code (METS)***
11	Walking / hiking: long distance hiking	4.0	4.0	Walking, 3.0 mph level, firm surface, moderate 17190 (3.5) Walking, 3.5 mph level, firm surface, brisk 17200 (4.0)
12	Walking / hiking: nordic walking	-	4.0	Walking, 4.0 mph level, firm surface, very brisk pace 17220 (4.0)
13	Walking / hiking: speed walking	-	6.0	Race walking: 17110 (6.5)
21	Cycling: long distance cycling	6.0	6.0	Bicycling leisure moderate effort: 01030 (8.0) Bicycling leisure light effort: 01030 (6.0)
22	Cycling: cycle racing / spinning / mountain biking	-	8.0	Bicycling BMX or mountain: 01009 (8.5) Bicycling racing or leisure, fast, vigorous effort: 01040 (10.0) (REMARK: not in competition) Bicycling stationary bike, 200 watts, vigorous effort: 02014 (10.5) (REMARK: spinning)
23	Cycling: treadmill at home / cycle ergometer at home	-	3.0	Very light effort 02011 (3.0) Light effort 02012 (5.5)
31	Gymnastics and Fitness: gymnastics / exercising at home	-	3.5	Home exercise, light or moderate effort: 02030 (4.5) Gymnastics general: 15300 (4.0)
32	Gymnastics and Fitness: fitness / physiotherapy training / strength training / gyrotonics	-	4.0	Health club exercise general: 02060 (5.5) Weight lifting, light/moderate workout general: 02130 (3.0)
33	Gymnastics and Fitness: yoga / Tai Chi / Qi Gong / Healing Tao	-	4.0	Tai chi: 15670 (4.0) Hatha yoga: 02100 (4.0)
34	Gymnastics and Fitness: endurance training	-	5.0	Stair-treadmill general 02065 (6.0) Health club exercise general: 02060 (5.5)
41	Swimming: swimming	5.0	5.0	Swimming laps, freestyle, slow, moderate or light effort: 18240

				(8.0) Swimming, leisurely, not lap swimming, general: 18310 (6.0)
42	Swimming: aqua gym / aqua jogging	-	4.0	Water aerobics 02120 (4.0)
51	Racket sports: tennis	6.0	6.0	Tennis, general: 15675 (7.0)
52	Racket sports: table tennis	-	4.0	Table tennis, ping pong: 15660 (4.0)
53	Racket sports: squash	-	10.0	Squash: 15650 (12.0)
54	Racket sports: badminton	-	6.0	Badminton competitive: 15020 (7.0) Badminton social singles/doubles: 15030 (4.5)
61	Running: running / jogging	6.0	7.0*	Jogging, general: 12020 (7.0) Running, general: 12150 (8.0)
71	Water sports: rowing	5.5	5.5	Rowing light effort 18040 (3.0), moderate effort 18050 (7.0)
72	Water sports: sailing	3.0	3.0	Boat and board sailing: 18120 (3.0)
73	Water sports: canoeing	-	5.5	Canoeing light effort 18040 (3.0), moderate effort 18050 (7.0)
81	Ball sports: soccer	6.0	6.0	Soccer, casual, general: 15610 (7.0) Soccer, competitive: 15605 (10.0)
82	Ball sports: futsal	-	5.5	Soccer, casual, general: 15610 (7.0)
83	Ball sports: hockey	-	6.0	Hockey, field: 15350 (8.0)
84	Ball sports: volleyball	5.0	4.0*	Volleyball, noncompetitive, team, general: 15720 (3.0) Volleyball, competitive, team, general: 15710 (4.0)
85	Ball sports: basketball	6.0	6.0	Basketball, game: 15040 (8.0) Basketball, nongame general: 15050 (6.0)
86	Ball sports: baseball / softball	5.0	5.0	Softball or baseball, fast or slow pitch, general: 15620 (5.0)
87	Ball sports: golf / ball throwing game	-	4.0	Golf, general: 15255 (4.5)
88	Ball sports: bowling / skittles / lawn bowling / kolf / bowls	3.5	3.0*	Bowling: 15090 (3.0) Shuffleboard, lawn bowling: 15570 (3.0)
91	Winter sports: skiing	6.0	6.0	Skiing, general: 19075 (7.0)
92	Winter sports: cross country skiing	6.0	6.0	Skiing, cross-country, slow, light effort, ski walking: 19080 (7.0) Skiing, cross-country, moderate speed and effort, general: 19090 (8.0)
93	Winter sports: ice skating	6.0	6.0	Skating, ice, general: 19030 (7.0)

101	Animal sports: horse riding	-	4.0	Horse-riding general: 15370 (4.0)
102	Animal sports: fishing / pigeon racing	3.0	3.0	Fishing, general: 04001 (4.0) Fishing, from boat, sitting: 04030 (2.5)
103	Animal sports: dog training / horse carriage driving	-	3.0	Walking the dog: 17250 (3.5) Transportation, 16010 (2.0)
111	Other sports: climbing	-	6.0	Rock climbing: 15540 (8.0)
112	Other sports: billiards / darts	2.5	2.5	Billiards: 15080 (2.5)
113	Other sports: (folk) dancing	5.0	5.0	Ballroom, slow: 03040 (3.0) Dancing aerobic, ballet or modern: 03010 (6.0)
114	Other sports: other	4.0		

*New LASA MET score is different from previously used LASA MET score. To make old and new measurements/classification comparable, the online syntaxes have used the new MET scores also for waves from B to G for running/jogging, volleyball, bowling/skittes/korf/bowls.