

Form Approved  
OMB No: 0920-0445  
Expiration Date: 09/30/2012

## **Physical Education and Activity District Questionnaire**

**School Health Policies and Practices Study 2012  
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# Physical Education and Activity District Questionnaire

## Questions

### MODULE 1

Standards ..... 1–4

### MODULE 2

Elementary School Instruction ..... 5–28

### MODULE 3

Middle School Instruction ..... 29–49

### MODULE 4

High School Instruction ..... 50–70

### MODULE 5

Students with Disabilities ..... 71

Use of Protective Gear ..... 72

Physical Activity and Discipline ..... 73–76

Staffing and Professional Development ..... 77–79

Collaboration and Promotion ..... 80–82

Evaluation ..... 83–84

Interscholastic Sports ..... 85–91

### MODULE 6

Physical Education Coordinator ..... 92–100

## Special Instructions

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THIS QUESTIONNAIRE WILL BE ADMINISTERED USING WEB-BASED INTERVIEW TECHNOLOGY. AS THE RESPONDENT TYPES RESPONSES TO THE QUESTIONS INTO THEIR COMPUTER, THE INTERVIEW PROGRAM WILL 1) DISPLAY THE CORRECT TENSE OF VERBS, 2) PROVIDE ALTERNATE ANSWERS TO QUESTIONS (E.G., NOT APPLICABLE, "I DON'T KNOW"), 3) NAVIGATE COMPLEX SKIP PATTERNS, AND 4) PERFORM OTHER USEFUL FUNCTIONS. COMMENTS APPEARING IN THE MARGIN REPRESENT ADDITIONAL CLARIFICATION ON THE QUESTION OR THE SPECIFIC TERMINOLOGY USED. THIS TEXT WILL APPEAR ON-SCREEN UNDER THE MAIN QUESTION TEXT. THE PROGRAMMING SPECIFICATIONS FOR THE INTERVIEW ARE NOT INCLUDED IN THIS PRINTED VERSION OF THE QUESTIONNAIRE.

1. This questionnaire focuses on your district's policies and practices regarding physical education.
2. For the purposes of this questionnaire, "policy" means any law, rule, regulation, administrative order, or similar kind of mandate issued by the local school board or other local agency with authority over schools in your district. SHPPS is most interested in what is **required** by the district, not what is recommended or contained in non-binding guidance documents, unless the question specifically asks about recommendations.
3. For the purposes of this questionnaire, "adopted a policy" means either that the district has its own policy **or** that the district follows a policy established at the state level, including any law, rule, regulation, administrative order, or similar kind of mandate.
4. If a district policy is worded in such a way that it requires schools to develop and adopt their own policies on a given topic, for the purposes of this questionnaire please consider it the same as a district-wide requirement.
5. Districts may sometimes grant policy exceptions or waivers, but please answer each question based on what is considered the general policy and standard practice in your district.
6. Please do not consider school practices or policies when answering the questions. This information is gathered during data collection from schools across the country.
7. Please do not include policies that are solely related to instruction on physical activity topics provided within **health education** curricula.
8. Unless the question specifically asks about regularly scheduled recess periods, do not include recess periods when answering questions about physical education.
9. For the purposes of this questionnaire, "elementary school" refers to a school that contains any of grades K–5. "Middle school" refers to a school that contains any of grades 6–8. Some jurisdictions may refer to these schools as "junior high schools." "High school" refers to a school that contains any of grades 10–12. Some jurisdictions may refer to these schools as "senior high schools."

## Standards

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The first questions ask about physical education standards adopted or used by your district. These standards might cover student expectations and performance outcomes for physical education.

1. Has your district adopted a policy stating that schools will follow any national, state, or district physical education standards?

Yes ..... 1 →SKIP TO Q3

No..... 2

2. Has your district adopted a policy encouraging schools to follow any national, state, or district physical education standards?

Yes ..... 1

No..... 2 →SKIP TO THE  
INTRODUCTION TO Q5

**Comment [Help1]:** For example, in memoranda.

3. Are these physical education standards based on the National Standards for Physical Education from the National Association for Sport and Physical Education (NASPE)?

Yes ..... 1

No..... 2

**Comment [Help2]:** The National Standards for Physical Education define physical education knowledge and skills for students according to grade level. Within each grade level, the standards are further defined, sample performance benchmarks are presented, and appropriate assessment techniques are described.

4. Has your district adopted a policy requiring schools to assess student achievement of the physical education standards used by your district?

Yes ..... 1

No..... 2

## Elementary School Instruction

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The next questions ask about elementary school instruction.

5. Does your district follow standards for elementary school physical education?

Yes .....1

No.....2 →SKIP TO Q7

**Comment [Help3]:** Standards might cover student expectations and performance outcomes for physical education.

6. Do the standards followed by your district for elementary school physical education specifically address...

**Yes**                      **No**

a. Competence in motor skills and movement patterns needed to perform a variety of physical activities? .....1 .....2

b. Understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities?.....1 .....2

c. Regular participation in physical activity? .....1 .....2

d. Achievement and maintenance of a health-enhancing level of physical fitness?.....1 .....2

e. Responsible personal and social behavior that respects self and others in physical activity settings?.....1 .....2

f. Value for physical activity for health, enjoyment, challenge, self-expression, and/or social interaction?.....1 .....2

7. Has your district adopted a policy stating that elementary schools will teach physical education?

Yes .....1

No.....2 →SKIP TO THE INTRODUCTION TO Q13

8. Districts use many ways to describe how much physical education students are required to receive while in elementary school. For example, districts might describe these requirements in terms of minutes per week, hours per quarter, or hours per year. In your district, are there specified time requirements for physical education at the elementary school level?

Yes .....1

No.....2

Elementary School Instruction

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9. Has your district adopted a policy describing reasons that elementary school students may be exempted from physical education?

Yes .....1  
No.....2 →SKIP TO Q11

10. Has your district adopted a policy stating that elementary school students can be exempted from physical education requirements for one grading period or longer for...

	Yes	No
a. Religious reasons? .....	1	2
b. Long-term physical or medical disability? .....	1	2
c. Cognitive disability? .....	1	2
d. Achievement of positive, passing, or high physical fitness test scores? .....	1	2
e. Participation in school activities other than sports, such as band or chorus? .....	1	2
f. Participation in community sports activities? .....	1	2
g. Participation in community service activities? .....	1	2

**Comment [Help4]:** For the purposes of this question, “long-term” means ongoing, not a temporary disability like a broken bone.

11. Has your district adopted a policy prohibiting exemptions from physical education requirements for one grading period or longer for elementary school students?

Yes .....1  
No.....2

12. Has your district adopted a policy stating that elementary school students can be excused from one or more physical education class periods for additional instructional time, remedial work, or test preparation for other subjects?

Yes .....1  
No.....2

## Elementary School Instruction

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The next questions ask about the curriculum used by elementary schools for physical education. For the purposes of these questions, “curriculum” means a detailed set of lessons, directions, strategies, and materials to facilitate student learning and teaching of content.

13. Does your district require or recommend that schools use one particular curriculum for elementary school physical education?

- |                 |   |                                     |
|-----------------|---|-------------------------------------|
| Require.....    | 1 |                                     |
| Recommend ..... | 2 |                                     |
| Neither.....    | 3 | →SKIP TO THE<br>INTRODUCTION TO Q15 |

14. Who developed that curriculum?  
MARK ALL THAT APPLY

- |  |   |
|--|---|
| State education agency.....  | 1 |
| Other state agency.....  | 2 |
| School district .....  | 3 |
| Commercial company .....   | 4 |
| College or university.....   | 5 |
| National or state-level health organization,<br>such as the American Heart Association<br>or the American Cancer Society ..... | 6 |
| Other .....  | 7 |

The next questions ask about resources that your district might have provided for elementary school physical education.

15. During the past two years, has your district provided...

- |  | Yes | No |
|--|-----|----|
| a. A list of one or more recommended elementary school physical education <b>curricula</b> .....     | 1   | 2  |
| b. Lesson plans or learning activities for elementary school physical education? .....               | 1   | 2  |
| c. Plans or tools for assessing or evaluating students in elementary school physical education?..... | 1   | 2  |

**Comment [Help5]:** For the purposes of this question, “curricula” means a detailed set of lesson plans, learning activities, instructional strategies, and materials to facilitate student learning and teaching of content.

Elementary School Instruction

---

16. Has your district ever used a curriculum analysis tool such as the Physical Education Curriculum Analysis Tool (PECAT) to assess one or more physical education curricula for elementary schools?
- Yes ..... 1
- No.....2

The next questions ask about elementary school student assessment that your district requires or recommends.

- 17a. Does your district require or recommend that elementary schools give written tests of students' knowledge related to physical education?
- Require..... 1
- Recommend ..... 2
- Neither ..... 3

- 17b. Does your district require or recommend that elementary schools give skill performance tests related to physical education?
- Require..... 1
- Recommend ..... 2
- Neither ..... 3

18. Does your district require or recommend that elementary schools assess students' physical activity levels, such as through the use of physical activity logs or pedometers?
- Require..... 1
- Recommend ..... 2
- Neither ..... 3

19. Does your district require or recommend that elementary schools test students' fitness levels?
- Require..... 1
- Recommend ..... 2
- Neither..... 3
- SKIP TO THE  
INTRODUCTION TO Q22

Elementary School Instruction

---

The next questions ask about specific fitness tests.

20. Does your district require or recommend that elementary schools use...
- |   | Require | Recommend | Neither |
|---|---------|-----------|---------|
| a. Fitnessgram? .....   | 1       | 2         | 3       |
| b. The Physical Fitness Test, from the President's Challenge? ..... | 1       | 2         | 3       |
| c. Any other fitness test? (Specify).....                           | 1       | 2         | 3       |
21. Are elementary schools in your district required to submit students' fitness test results to the state or district?
- Yes ..... 1
- No..... 2

The next questions ask about staffing for elementary school physical education in your district.

22. Has your district adopted a policy specifying a maximum student-to-teacher ratio for physical education in elementary school?
- Yes ..... 1
- No..... 2
23. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the elementary school level will have undergraduate or graduate training in physical education or a related field?
- Yes ..... 1
- No..... 2
24. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the elementary school level will be certified, licensed, or endorsed by the state to teach physical education?
- Yes ..... 1
- No..... 2
- State does not offer certification, licensure, or endorsement to teach physical education at the elementary school level..... 3

## Elementary School Instruction

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The next questions ask about elementary school recess and physical activity breaks.

25. Does your district require or recommend that elementary schools provide students with regularly scheduled recess?

Require.....1  
Recommend .....2  
Neither .....3 →SKIP TO Q27

26. How many minutes per day of recess are required or recommended for elementary school students?

Less than 10 minutes per day.....1  
10 to 19 minutes per day.....2  
20 to 29 minutes per day.....3  
30 or more minutes per day .....4  
No specified time requirements or  
recommendations.....5

27. Does your district require or recommend that elementary schools provide regular physical activity breaks, **outside of physical education class and recess**, during the school day?

Require.....1  
Recommend .....2  
Neither .....3

The next question asks about excluding students from recess as punishment for bad behavior.

28. Does your district **prohibit or actively discourage** elementary schools from excluding students from all or part of recess as punishment for bad behavior or failure to complete class work?

Yes.....1  
No.....2

**Comment [Help6]:** For example, in memoranda or guidelines.

## Middle School Instruction

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The next questions ask about middle school instruction.

29. Does your district follow standards for middle school physical education?

Yes .....1

No.....2 →SKIP TO Q31

**Comment [Help7]:** Standards might cover student expectations and performance outcomes for physical education.

30. Do the standards followed by your district for middle school physical education specifically address...

**Yes No**

a. Competence in motor skills and movement patterns needed to perform a variety of physical activities? .....1 .....2

b. Understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities? .....1 .....2

c. Regular participation in physical activity? .....1 .....2

d. Achievement and maintenance of a health-enhancing level of physical fitness? .....1 .....2

e. Responsible personal and social behavior that respects self and others in physical activity settings? .....1 .....2

f. Value for physical activity for health, enjoyment, challenge, self-expression, and/or social interaction?.....1 .....2

31. Has your district adopted a policy stating that middle schools will teach physical education?

Yes .....1

No.....2 →SKIP TO THE INTRODUCTION TO Q37

32. Districts use many ways to describe how much physical education students are required to receive while in middle school. For example, districts might describe these requirements in terms of minutes per week, hours per quarter, or hours per year. In your district, are there specified time requirements for physical education at the middle school level?

Yes .....1

No.....2

Middle School Instruction

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33. Has your district adopted a policy describing reasons that middle school students may be exempted from physical education?

Yes ..... 1  
 No.....2 →SKIP TO Q35

34. Has your district adopted a policy stating that middle school students can be exempted from physical education requirements for one grading period or longer for...

	Yes	No
a. Religious reasons? .....	1	2
b. Long-term physical or medical disability? .....	1	2
c. Cognitive disability? .....	1	2
d. Achievement of positive, passing, or high physical fitness test scores? .....	1	2
e. Participation in school activities other than sports, such as band or chorus? .....	1	2
f. Participation in community sports activities? .....	1	2
g. Participation in community service activities? .....	1	2
h. Enrollment in other courses, such as math or science? .....	1	2
i. Participation in school sports? .....	1	2
j. Participation in vocational training? .....	1	2

**Comment [Help8]:** For the purposes of this question, “long-term” means ongoing, not a temporary disability like a broken bone.

35. Has your district adopted a policy prohibiting exemptions from physical education requirements for one grading period or longer for middle school students?

Yes ..... 1  
 No.....2

36. Has your district adopted a policy stating that middle school students can be excused from one or more physical education class periods for additional instructional time, remedial work, or test preparation for other subjects?

Yes ..... 1  
 No.....2

## Middle School Instruction

The next questions ask about the curriculum used by middle schools for physical education. For the purposes of these questions, “curriculum” means a detailed set of lessons, directions, strategies, and materials to facilitate student learning and teaching of content.

37. Does your district require or recommend that schools use one particular curriculum for middle school physical education?

- |                 |   |                                     |
|-----------------|---|-------------------------------------|
| Require.....    | 1 |                                     |
| Recommend ..... | 2 |                                     |
| Neither.....    | 3 | →SKIP TO THE<br>INTRODUCTION TO Q39 |

38. Who developed that curriculum?  
MARK ALL THAT APPLY

- |  |   |
|--|---|
| State education agency.....  | 1 |
| Other state agency.....  | 2 |
| School district .....  | 3 |
| Commercial company .....   | 4 |
| College or university.....   | 5 |
| National or state-level health organization,<br>such as the American Heart Association<br>or the American Cancer Society ..... | 6 |
| Other .....  | 7 |

The next questions ask about resources that your district may have provided for middle school physical education.

39. During the past two years, has your district provided...

- |   | Yes | No |
|---|-----|----|
| a. A list of one or more recommended middle school physical education <b>curricula</b> .....      | 1   | 2  |
| b. Lesson plans or learning activities for middle school physical education? .....                | 1   | 2  |
| c. Plans or tools for assessing or evaluating students in middle school physical education? ..... | 1   | 2  |

**Comment [Help9]:** For the purposes of this question, “curricula” means a detailed set of lesson plans, learning activities, instructional strategies, and materials to facilitate student learning and teaching of content.

Middle School Instruction

---

40. Has your district ever used a curriculum analysis tool such as the Physical Education Curriculum Analysis Tool (PECAT) to assess one or more physical education curricula for middle schools?
- Yes ..... 1
- No.....2

The next questions ask about middle school student assessment that is required or recommended by your district.

- 41a. Does your district require or recommend that middle schools give written tests of students' knowledge related to physical education?
- Require..... 1
- Recommend ..... 2
- Neither ..... 3

- 41b. Does your district require or recommend that middle schools give skill performance tests related to physical education?
- Require..... 1
- Recommend ..... 2
- Neither ..... 3

42. Does your district require or recommend that middle schools assess students' physical activity levels, such as through the use of physical activity logs or pedometers?
- Require..... 1
- Recommend ..... 2
- Neither ..... 3

43. Does your district require or recommend that middle schools test students' fitness levels?
- Require..... 1
- Recommend ..... 2
- Neither..... 3

→SKIP TO THE  
INTRODUCTION TO Q46

## Middle School Instruction

The next questions ask about specific fitness tests.

44. Does your district require or recommend that middle schools use...
- |   | Require | Recommend | Neither |
|---|---------|-----------|---------|
| a. Fitnessgram? .....   | 1.....  | 2.....    | 3.....  |
| b. The Physical Fitness Test, from the President's Challenge? ..... | 1.....  | 2.....    | 3.....  |
| c. Any other fitness test? (Specify).....                           | 1.....  | 2.....    | 3.....  |
45. Are middle schools in your district required to submit students' fitness test results to the state or district?
- Yes .....
- No.....

The next questions ask about staffing for middle school physical education in your district.

46. Has your district adopted a policy specifying a maximum student-to-teacher ratio for physical education in middle school?
- Yes .....
- No.....
47. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the middle school level will have undergraduate or graduate training in physical education or a related field?
- Yes .....
- No.....
48. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the middle school level will be certified, licensed, or endorsed by the state to teach physical education?
- Yes .....
- No.....
- State does not offer certification, licensure, or endorsement to teach physical education at the middle school level .....

Middle School Instruction

---

The next question asks about middle school physical activity breaks.

49. Does your district require or recommend that middle schools provide regular physical activity breaks, **outside of physical education class**, during the school day?

Require.....1

Recommend .....2

Neither .....3

## High School Instruction

---

The next questions ask about high school instruction.

50. Does your district follow standards for high school physical education?

Yes .....1

No.....2 →SKIP TO Q52

**Comment [Help10]:** Standards might cover student expectations and performance outcomes for physical education.

51. Do the standards followed by your district for high school physical education specifically address...

**Yes                      No**

a. Competence in motor skills and movement patterns needed to perform a variety of physical activities? .....1 .....2

b. Understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities?.....1 .....2

c. Regular participation in physical activity? .....1 .....2

d. Achievement and maintenance of a health-enhancing level of physical fitness?.....1 .....2

e. Responsible personal and social behavior that respects self and others in physical activity settings?.....1 .....2

f. Value for physical activity for health, enjoyment, challenge, self expression, and/or social interaction?.....1 .....2

52. Has your district adopted a policy stating that high schools will teach physical education?

Yes .....1

No.....2 →SKIP TO THE INTRODUCTION TO Q58

53. Districts use many ways to describe how much physical education students are required to receive while in high school. For example, districts might describe these requirements in terms of minutes per week, hours per quarter, or hours per year. In your district, are there specified time requirements for physical education at the high school level?

Yes .....1

No.....2

## High School Instruction

54. Has your district adopted a policy describing reasons that high school students may be exempted from physical education?

Yes .....1  
 No.....2 →SKIP TO Q56

55. Has your district adopted a policy stating that high school students can be exempted from physical education requirements for one grading period or longer for...

	Yes	No
a. Religious reasons? .....	1	2
b. Long-term physical or medical disability? .....	1	2
c. Cognitive disability? .....	1	2
d. Achievement of positive, passing, or high physical fitness test scores? .....	1	2
e. Participation in school activities other than sports, such as band, chorus, or JROTC? .....	1	2
f. Participation in community sports activities? .....	1	2
g. Participation in community service activities? .....	1	2
h. Enrollment in other courses, such as math or science? .....	1	2
i. Participation in school sports? .....	1	2
j. Participation in vocational training? .....	1	2

**Comment [Help11]:** For the purposes of this question, “long-term” means ongoing, not a temporary disability like a broken bone.

**Comment [Help12]:** JROTC is the Junior Reserve Officers’ Training Corps.

56. Has your district adopted a policy prohibiting exemptions from physical education requirements for one grading period or longer for high school students?

Yes .....1  
 No.....2

57. Has your district adopted a policy stating that high school students can be excused from one or more physical education class periods for additional instructional time, remedial work, or test preparation for other subjects?

Yes .....1  
 No.....2

## High School Instruction

The next questions ask about the curriculum used by high schools for physical education. For the purposes of these questions, “curriculum” means a detailed set of lessons, directions, strategies, and materials to facilitate student learning and teaching of content.

58. Does your district require or recommend that schools use one particular curriculum for high school physical education?
- |                 |   |                                     |
|-----------------|---|-------------------------------------|
| Require.....    | 1 |                                     |
| Recommend ..... | 2 |                                     |
| Neither.....    | 3 | →SKIP TO THE<br>INTRODUCTION TO Q60 |
- 
59. Who developed that curriculum?  
MARK ALL THAT APPLY
- |  |   |
|--|---|
| State education agency.....  | 1 |
| Other state agency.....  | 2 |
| School district .....  | 3 |
| Commercial company .....   | 4 |
| College or university.....   | 5 |
| National or state-level health organization,<br>such as the American Heart Association<br>or the American Cancer Society ..... | 6 |
| Other .....  | 7 |

The next questions ask about resources that your district may have provided for high school physical education.

60. During the past two years, has your district provided...
- |   | Yes | No |
|---|-----|----|
| a. A list of one or more recommended high school physical education <b>curricula</b> .....      | 1   | 2  |
| b. Lesson plans or learning activities for high school physical education? .....                | 1   | 2  |
| c. Plans or tools for assessing or evaluating students in high school physical education? ..... | 1   | 2  |

**Comment [Help13]:** For the purposes of this question, “curricula” means a detailed set of lesson plans, learning activities, instructional strategies, and materials to facilitate student learning and teaching of content.

High School Instruction

---

61. Has your district ever used a curriculum analysis tool such as the Physical Education Curriculum Analysis Tool (PECAT) to assess one or more physical education curricula for high schools?
- Yes ..... 1
- No.....2

The next questions ask about high school student assessment that is required or recommended by your district.

- 62a. Does your district require or recommend that high schools give written tests of students' knowledge related to physical education?
- Require..... 1
- Recommend ..... 2
- Neither ..... 3

- 62b. Does your district require or recommend that high schools give skill performance tests related to physical education?
- Require..... 1
- Recommend ..... 2
- Neither ..... 3

63. Does your district require or recommend that high schools assess students' physical activity levels, such as through the use of physical activity logs or pedometers?
- Require..... 1
- Recommend ..... 2
- Neither ..... 3

64. Does your district require or recommend that high schools test students' fitness levels?
- Require..... 1
- Recommend ..... 2
- Neither..... 3

→SKIP TO THE  
INTRODUCTION TO Q67

High School Instruction

The next questions ask about specific fitness tests.

65. Does your district require or recommend that high schools use...
- |   | Require | Recommend | Neither |
|---|---------|-----------|---------|
| a. Fitnessgram? .....   | 1.....  | 2.....    | 3.....  |
| b. The Physical Fitness Test, from the President's Challenge? ..... | 1.....  | 2.....    | 3.....  |
| c. Any other fitness test? (Specify).....                           | 1.....  | 2.....    | 3.....  |
66. Are high schools in your district required to submit students' fitness test results to the state or district?
- Yes ..... 1
- No..... 2

The next questions ask about staffing for high school physical education in your district.

67. Has your district adopted a policy specifying a maximum student-to-teacher ratio for physical education in high school?
- Yes ..... 1
- No..... 2
68. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the high school level will have undergraduate or graduate training in physical education or a related field?
- Yes ..... 1
- No..... 2
69. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the high school level will be certified, licensed, or endorsed by the state to teach physical education?
- Yes ..... 1
- No..... 2
- State does not offer certification, licensure, or endorsement to teach physical education at the high school level ..... 3

## High School Instruction

---

The next question asks about high school physical activity breaks.

70. Does your district require or recommend that high schools provide regular physical activity breaks, **outside of physical education class**, during the school day?

Require.....1

Recommend .....2

Neither .....3

## Students with Disabilities

---

The next questions ask about physical education for students with long-term physical, medical, or cognitive disabilities, such as Down syndrome or conditions that require permanent use of a wheelchair.

71. Based on policies adopted by your district, are schools required to meet the physical education needs of students with long-term physical, medical, or cognitive disabilities by...

	Yes	No
a. Providing adapted physical education as appropriate? .....	1	2
b. Mainstreaming into regular physical education as appropriate? .....	1	2
c. Using modified equipment or facilities in regular physical education? .....	1	2
d. Using teaching assistants in regular physical education? .....	1	2
e. Including physical education in 504 plans or Individualized Education Programs (IEPs)? .....	1	2
f. Using modified instructional strategies? .....	1	2
g. Using modified assessment? .....	1	2

**Comment [Help14]:** For the purposes of this question, “long-term” means ongoing, not a temporary disability like a broken bone.

**Comment [Help15]:** A 504 plan is a document that describes a program of instructional services to assist students with special needs who are in a regular educational setting.

**Comment [Help16]:** An IEP is a document written by school administrators, teachers, and parents which identifies annual goals, strategies, and services provided for a student with special education needs.

## Use of Protective Gear

---

The next question is about your district’s policies on the use of protective gear.

72. Has your district adopted a policy requiring that students wear appropriate protective gear...

	Yes	No
a. During physical education?.....	1	2
b. When engaged in physical activity clubs or intramural sports?.....	1	2
c. When engaged in interscholastic sports? .....	1	2

**Comment [Help17]:** For the purposes of this question, “physical activity clubs” and “intramural sports” mean any physical activity program that is voluntary for students, in which students are given an equal opportunity to participate regardless of physical ability, and in which students have the opportunity to be involved in the planning, organization, and administration of the program, under the supervision of a qualified adult.

## Physical Activity and Discipline

---

The next questions ask about the use of physical activity as punishment for bad behavior and excluding students from physical education as punishment for bad behavior.

73. Does your district **prohibit or actively discourage** schools from using physical activity, such as laps or push-ups, to punish students for bad behavior in physical education?

Yes ..... 1

No..... 2

**Comment [Help18]:** For example, in memoranda or guidelines.

74. Does your district **prohibit or actively discourage** schools from using physical activity to punish students for poor performance or bad behavior in interscholastic sports?

Yes ..... 1

No..... 2

**Comment [Help19]:** For example, in memoranda or guidelines.

75. Does your district **prohibit or actively discourage** schools from excluding students from all or part of physical education to punish students for bad behavior or failure to complete class work in another class?

Yes ..... 1

No..... 2

**Comment [Help20]:** For example, in memoranda or guidelines.

76. Does your district **prohibit or actively discourage** schools from excluding students from all or part of physical education to punish students for bad behavior in physical education?

Yes ..... 1

No..... 2

**Comment [Help21]:** For example, in memoranda or guidelines.

## Staffing and Professional Development

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The next questions ask about staffing and professional development in your district.

77. Has your district adopted a policy stating that those who teach physical education are required to earn continuing education credits on **physical education topics or instructional strategies**?

Yes .....1

No.....2

78. Has your district adopted a policy stating that **each school** will have someone to oversee or coordinate physical education at the school, for example a department chair?

Yes .....1

No.....2

The next questions are about professional development for those who teach physical education. This might include workshops, conferences, continuing education, graduate courses, or any other kind of in-service.

79. During the past two years, has your district provided funding for or offered professional development to those who teach physical education on...

	<b>Yes</b>	<b>No</b>
a. Methods to increase the amount of class time students are engaged in moderate-to-vigorous physical activity? .....	1	2
b. Methods to promote gender equity in physical education and sports? .....	1	2
c. Using technology such as computers or video cameras for physical education? .....	1	2
d. Using physical activity monitoring devices, such as pedometers or heart rate monitors for physical education?.....	1	2
e. Encouraging family involvement in physical activity? .....	1	2
f. Administering or using fitness tests? .....	1	2
g. Helping students develop individualized physical activity plans? .....	1	2
h. Injury prevention and first aid? .....	1	2
i. How to prevent, recognize, and respond to concussions among students? .....	1	2
j. Teaching physical education to students with <b>long-term</b> physical, medical, or cognitive disabilities? .....	1	2

**Comment [Help22]:** For the purposes of this question, "long-term" means ongoing, not a temporary disability like a broken bone.

Staffing and Professional Development

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(Q79 continued)

	Yes	No
k. Teaching individual or paired activities or sports? .....	1	2
l. Teaching team or group activities or sports? .....	1	2
m. Teaching movement skills and concepts? .....	1	2
n. Assessing or evaluating student performance in physical education? .....	1	2
o. Developing and using student portfolios for physical education? .....	1	2
p. Teaching methods to promote inclusion and active participation of overweight and obese children during physical education? .....	1	2
q. Chronic health conditions, for example asthma or diabetes, including recognizing and responding to severe symptoms or reducing triggers? .....	1	2
r. Methods for developing, implementing, and evaluating physical activity clubs or intramural sports programs? .....	1	2
s. Developing, implementing, and evaluating a comprehensive school physical activity program? .....	1	2
t. Establishing walking or biking to school programs? .....	1	2
u. Assessing student weight status using body mass index (BMI), skinfolds, or bioelectric impedance? .....	1	2
v. Aligning physical education standards to curriculum, instruction, or student assessment? .....	1	2
w. Teaching online or distance education courses? .....	1	2
x. Using the Physical Education Curriculum Analysis Tool (PECAT) to help assess physical education curricula? .....	1	2
y. Using data to plan or evaluate physical education policies or practices? .....	1	2
z. Helping classroom teachers integrate physical activity into their classrooms? .....	1	2

**Comment [Help23]:** A comprehensive school physical activity program (CSPAP) encompasses physical activity programming before, during, and after the school day and should include quality physical education; school-based physical activity opportunities (e.g., recess, classroom-based physical activity); physical activity clubs or intramural sports; and interscholastic sports.

**Comment [Help24]:** Bioelectric impedance estimates body composition using a portable device. One such device resembles a bathroom scale; another device requires students to squeeze handles on a handgrip while extending their arms.

## Collaboration and Promotion

The next questions ask about collaboration with other district-level staff and outside organizations.

80. During the past 12 months, have district-level physical education staff worked on physical education activities with district-level...

	Yes	No	No district-level staff in this area
a. Health education staff? .....	1	2	3
b. Health services staff? .....	1	2	3
c. Mental health or social services staff? .....	1	2	3
d. Nutrition or food service staff? .....	1	2	3
e. General curriculum coordinators or supervisors? .....	1	2	3

**Comment [Help25]:** “Worked on physical education activities with” means collaborated with on physical education or worked with to coordinate physical education.

81. During the past 12 months, have district-level physical education staff worked on physical education activities with staff or members from...

	Yes	No
a. Alliance for a Healthier Generation? .....	1	2
b. A health organization, such as the American Heart Association or the American Cancer Society? .....	1	2
c. A local health department? .....	1	2
d. A local mental health or social services agency? .....	1	2
e. A local college or university? .....	1	2
f. A local business? .....	1	2
g. Action for Healthy Kids? .....	1	2
h. A local parks or recreation department? .....	1	2
i. A local department of transportation or public works? .....	1	2
j. A local professional sports team? .....	1	2
k. A local hospital? .....	1	2
l. A local law enforcement agency? .....	1	2
m. A local service club, such as the Rotary Club? .....	1	2
n. A local youth organization, such as the Boys and Girls Clubs? .....	1	2
o. A local health or fitness club? .....	1	2

**Comment [Help26]:** “Worked on physical education activities with” means collaborated with on physical education or worked with to coordinate physical education.

Collaboration and Promotion

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82. During the past 12 months, has anyone from your district...

	Yes	No
a. Provided families of all students with information on school <b>physical education</b> ?.....	1	2
b. Provided families of all students with <b>information on physical activity</b> ?.....	1	2
c. Provided district or school personnel—for example, classroom teachers, administrators, or school board members—with information on school physical education? .....	1	2
d. Sought positive media attention for physical education? .....	1	2
e. Provided awards or recognition for outstanding implementation of physical activity programs, such as physical activity clubs or intramural sports programs? .....	1	2

**Comment [Help27]:** Do not include information on school physical education.

## Evaluation

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The next questions ask about different aspects of school physical education that might have been evaluated during the past two years.

83. During the past two years, have the following aspects of physical education in your district been evaluated?

	Yes	No	N/A
a. Physical education policies .....	1	2	3
b. Physical education <b>curricula</b> .....	1	2	3
c. Physical education professional development or in-service programs .....	1	2	3
d. Physical education teachers .....	1	2	3

**Comment [Help28]:** For the purposes of this question, "curricula" means a detailed set of lesson plans, learning activities, instructional strategies, and materials to facilitate student learning and teaching of content.

84. Does your district require schools to report each of the following types of information?

	Yes	No
a. Number of minutes of physical education required in each grade .....	1	2
b. Number of minutes of elementary school recess .....	1	2
c. Number of minutes of classroom physical activity breaks .....	1	2

## Interscholastic Sports

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The next questions ask about interscholastic sports in your district.

85. Has your district adopted a policy stating that head coaches of interscholastic sports will...

	Yes	No
a. Have previous coaching experience in any sport? .....	1	2
b. Have previous coaching experience in the sport(s) they will be coaching? .....	1	2
c. Have a teaching certificate? .....	1	2
d. Complete a coaches' training course? .....	1	2
e. Complete a sports safety course? .....	1	2
f. Be certified in first aid? .....	1	2
g. Be certified in cardiopulmonary resuscitation (CPR)? .....	1	2
h. Have training on how to prevent, recognize, and respond to concussions among students? .....	1	2
i. Be employed by the school or school district? .....	1	2

86. Has your district adopted a policy stating that assistant coaches or volunteer athletic aides will complete a training course?

Yes .....	1
No .....	2
Schools in this district do not have assistant coaches/volunteer athletic aides .....	3

**Comment [Help29]:** A volunteer athletic aide is a person who assists the coach, but is not paid for doing so. An aide may or may not be a school employee.

87. During the past two years, has your district provided any funding for or offered professional development to coaches of interscholastic sports?

Yes .....	1
No .....	2

88. Has your district adopted a policy requiring that student athletes suspected of having a concussion be removed immediately from practice or competition?

Yes .....	1
No .....	2

## Interscholastic Sports

89. Has your district adopted a policy requiring clearance by a healthcare provider before allowing student athletes to further participate in practice or competition after a suspected concussion?

Yes ..... 1

No.....2

90. Has your district adopted a policy requiring schools to conduct neurocognitive testing of student athletes before participation in interscholastic sports?

Yes ..... 1

No.....2

**Comment [Help30]:** Neurocognitive testing tests the function of the brain to evaluate decision-making ability, reaction time, attention, and memory. Some of these tests can be conducted in the school setting by qualified and trained professionals such as nurses, school psychologists, and athletic trainers.

91. During the past 12 months, has your district...

**Yes                      No**

a. Provided educational materials to student athletes or their parents on preventing, recognizing, and responding to concussions?..... 1 .....2

b. Provided educational sessions to student athletes or their parents on preventing, recognizing, and responding to concussions?..... 1 .....2

## Physical Education Coordinator

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92. Currently, does someone in your district oversee or coordinate physical education?  
Yes ..... 1  
No..... 2 →That is the last question.  
Thank you very much for  
taking the time to complete  
this questionnaire.

93. Are you this person?  
Yes ..... 1  
No..... 2 →That is the last question.  
Thank you very much for  
taking the time to complete  
this questionnaire.

The last few questions ask about your educational background.

94. Do you have an undergraduate degree?  
Yes ..... 1  
No..... 2 →SKIP TO Q100

95. What did you major in?  
MARK ALL THAT APPLY  
Physical education ..... 1  
Health education ..... 2  
Other education..... 3  
Kinesiology, exercise physiology, or  
exercise science ..... 4  
Other (Specify) ..... 5

96. Did you have an undergraduate minor?  
Yes ..... 1  
No..... 2 →SKIP TO Q98

Physical Education Coordinator

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97. What did you minor in?

MARK ALL THAT APPLY

- Physical education .....1
- Health education .....2
- Other education.....3
- Kinesiology, exercise physiology, or  
exercise science .....4
- Other (Specify) .....5

98. Do you have a graduate degree?

- Yes .....1
- No.....2      →SKIP TO Q100

99. In what area or areas was your graduate work?

MARK ALL THAT APPLY

- Physical education .....1
- Health education .....2
- Other education.....3
- Kinesiology, exercise physiology, or  
exercise science .....4
- Other (Specify) .....5

100. Are you certified, licensed, or endorsed by the state to teach physical education at the...

**State does not  
offer certification,  
licensure,  
or endorsement  
to teach physical  
education  
at this level**

- |                                   | Yes | No |   |
|-----------------------------------|-----|----|---|
| a. Elementary school level? ..... | 1   | 2  | 3 |
| b. Middle school level? .....     | 1   | 2  | 3 |
| c. High school level?.....        | 1   | 2  | 3 |

Physical Education Coordinator

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Thank you very much for taking the time to participate in this study.

If you would like more information about this study or would like clarification of any questions in this questionnaire, please call 800-287-1815.