

Form Approved
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**Physical Education
School Questionnaire**

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Physical Education School Questionnaire

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Special Instructions

NOTE: THROUGHOUT THIS QUESTIONNAIRE, TEXT THAT APPEARS IN ALL CAPITAL LETTERS WILL NOT BE READ ALOUD TO RESPONDENTS.

THIS QUESTIONNAIRE WILL BE ADMINISTERED USING COMPUTER ASSISTED PERSONAL INTERVIEW TECHNOLOGY. THE INTERVIEWER WILL READ THE QUESTIONS ALOUD AND TYPE RESPONSES TO THE QUESTIONS INTO THE LAPTOP 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. THE PROGRAMMING SPECIFICATIONS FOR THE INTERVIEW ARE NOT INCLUDED IN THIS PRINTED VERSION OF THE QUESTIONNAIRE.

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Standards, Guidelines, and Objectives

1. What is your job title at the school? (In which role do you spend more time?)
- | | |
|---|--|
| 1) Principal | 12) Social Worker |
| 2) Asst. Principal/Other School Administrator | 13) Psychologist |
| 3) School Secretary | 14) Other Mental Health/Social Services Provider |
| 4) Physical Ed Teacher | 15) Nurse |
| 5) Athletic Director | 16) Health Aide |
| 6) Health Ed Teacher | 17) Physician |
| 7) Other Teacher | 18) Other Health Services Provider |
| 8) Food Service Manager | 19) SBHC Health Services Staff |
| 9) Commercial Food Service Provider | 20) SBHC Mental Health/Social Services Staff |
| 10) Other School Food Service Staff | 50) Other Staff |
| 11) School Counselor | |

During this interview, I will ask about physical education at this school. By “physical education,” I mean class time that is spent teaching a physical education curriculum. Please do not include instruction on physical activity topics that are part of health education or any other subject. Also, do not consider regularly scheduled recess. You have been identified as the person who knows the most about how physical education is provided throughout all grades at the school. As you think about the questions that I ask, please consider all physical education provided to students at this school. Also, please think about the physical education requirements for students in general, even though there may be some exceptions.

The first questions ask about your school’s standards, guidelines, and objectives for teaching physical education.

2. Does this school follow any national, state, or district physical education standards or guidelines?

Yes1
No.....2 →SKIP TO Q5

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

Yes1
No.....2

4. Are these physical education standards or guidelines based on the Guidelines for School and Community Programs to Promote Lifelong Physical Activity among Young People from the Centers for Disease Control and Prevention or CDC?

Yes1
 No.....2

5. Are those who teach physical education at this school provided with...

	Yes	No
a. Goals, objectives, and expected outcomes for physical education?.....1.....2	1.....2	2
b. A physical education curriculum?1.....2	1.....2	2

IF Q5B IS “YES,” SKIP TO Q6.

c. A chart describing the scope and sequence of instruction for physical education?1.....2	1.....2	2
d. Lesson plans or learning activities for physical education?.....1.....2	1.....2	2
e. Plans for how to assess or evaluate students in physical education?.....1.....2	1.....2	2

ALL SKIP TO THE INSTRUCTIONS BEFORE Q7.

6. Are all physical education teachers at this school required to use this curriculum?

Yes1 →RETURN TO Q5C
 No.....2 →RETURN TO Q5C

IF THOSE WHO TEACH PHYSICAL EDUCATION ARE PROVIDED WITH GOALS, OBJECTIVES, AND EXPECTED OUTCOMES FOR PHYSICAL EDUCATION (Q5A IS “YES”), ANSWER Q7. OTHERWISE, SKIP TO THE INTRODUCTION TO Q8.

7. Do this school’s goals and objectives for physical education 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.....

Required Physical Education

Now I'd like to ask you about required physical education.

8. Must students attending this school take any physical education as a requirement for graduation or promotion to the next grade level or school level?

Yes1

No.....2

→SKIP TO THE
INSTRUCTIONS BEFORE
Q40

The next several questions are about physical education that students must take for graduation or promotion to the next grade level or school level. During the rest of the interview, I will refer to this physical education as required physical education.

I am going to read a list of reasons why students could be exempted for one grading period or longer from taking required physical education.

9. Can students at this school be exempted for...

	Yes	No
a. Religious reasons?	1.....	2.....
b. Long-term physical or medical disability?	1.....	2.....
c. Cognitive disability?	1.....	2.....
d. High physical competency test score?	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.....

ANSWER H, I, AND J FOR MIDDLE/JUNIOR HIGH AND SENIOR HIGH SCHOOL ONLY. OTHERWISE, SKIP TO Q10.

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.....

10. In required physical education, are students at this school taught...

Yes No

ANSWER A FOR ELEMENTARY SCHOOL ONLY. OTHERWISE, SKIP TO B.

- a. Movement concepts and skills?1.....2
- b. Individual or paired activities?.....1.....2
- c. Group or team activities?.....1.....2
- d. Aquatic activities?.....1.....2
- e. Dance activities?.....1.....2

ANSWER Q11 IF STUDENTS ARE TAUGHT INDIVIDUAL OR PAIRED ACTIVITIES IN REQUIRED PHYSICAL EDUCATION AT THIS SCHOOL (Q10B IS “YES”). OTHERWISE, SKIP TO THE INSTRUCTIONS BEFORE Q12.

SHOW CARD 1

11. Looking at this card, which is in alphabetical order, please tell me which individual or paired activities are taught in required physical education at this school. Please include the activity itself, lead-up skills, skills specific to the activity, or modified versions of the activity that are taught.

MARK ALL THAT APPLY

- Aerobics, such as step or low-impact 1
- Badminton..... 2
- Bowling..... 3
- Cardiovascular exercise machines, such as
rowers, ski machines, stair climbers,
stationary bikes, or treadmills 4
- Climbing ropes or wall ladders 5
- Climbing walls 6
- Frisbee or frisbee golf 7
- Golf 8
- Gymnastics..... 9
- Hiking, backpacking, or orienteering..... 10
- Jumping rope..... 11
- Martial arts 12
- Non-stationary bicycling..... 13
- Racquet sports, other than tennis, such as
racquetball, handball, squash, or
paddleball 14
- Running or jogging 15

Skating, such as roller, in-line, or ice skating..... 16

Skiing, such as cross country, downhill, or water skiing..... 17

Student-designed games..... 18

Tennis..... 19

Track and field 20

Walking..... 21

Weight training 22

Wrestling..... 23

Yoga or flexibility..... 24

None of the above 25

ANSWER Q12 IF STUDENTS ARE TAUGHT GROUP OR TEAM ACTIVITIES IN REQUIRED PHYSICAL EDUCATION AT THIS SCHOOL (Q10C IS “YES”). OTHERWISE, SKIP TO THE INSTRUCTIONS BEFORE Q14.

SHOW CARD 2

12. Looking at this card, please tell me which group or team activities are taught in required physical education at this school. Please include the activity itself, lead-up skills, skills specific to the activity, or modified versions of the activity that are taught.
 MARK ALL THAT APPLY

Baseball, softball, or whiffleball..... 1

Basketball..... 2

Dodgeball or bombardment 3

Football, such as touch or flag football..... 4

Hockey, such as field, floor, roller, or ice hockey ... 5

Kickball..... 6

Lacrosse 7

Soccer..... 8

Student-designed games..... 9

Ultimate frisbee..... 10

Volleyball..... 11

None of the above 12

ANSWER Q13 IF THIS SCHOOL IS AN ELEMENTARY SCHOOL THAT TEACHES GROUP OR TEAM ACTIVITIES IN REQUIRED PHYSICAL EDUCATION (Q10C IS “YES”). OTHERWISE, SKIP TO THE INSTRUCTIONS BEFORE Q14.

SHOW CARD 3

13. Looking at this card, please tell me which group or team activities are taught in required physical education at this school.
MARK ALL THAT APPLY

- Duck-duck-goose1
- Elimination tag.....2
- King of the hill or steal the flag3
- Red rover.....4
- Relay races5
- None of the above6

ANSWER Q14 IF STUDENTS ARE TAUGHT AQUATIC ACTIVITIES IN REQUIRED PHYSICAL EDUCATION AT THIS SCHOOL (Q10D IS “YES”). OTHERWISE, SKIP TO THE INSTRUCTIONS BEFORE Q15.

SHOW CARD 4

14. Looking at this card, please tell me which aquatic activities are taught in required physical education at this school. Please include the activity itself, lead-up skills, skills specific to the activity, or modified versions of the activity that are taught.
MARK ALL THAT APPLY

- Diving1
- Stroke instruction or swimming skill
practice.....2
- Team water sports, such as basketball,
volleyball, or water polo3
- Water aerobics4
- Water safety or lifesaving5
- None of the above6

ANSWER Q15 IF STUDENTS ARE TAUGHT DANCE ACTIVITIES IN REQUIRED PHYSICAL EDUCATION AT THIS SCHOOL (Q10E IS “YES”). OTHERWISE, SKIP TO THE INTRODUCTION TO Q16.

SHOW CARD 5

15. Looking at this card, please tell me which dance activities are taught in required physical education at this school. Please include the activity itself, lead-up skills, skills specific to the activity, or modified versions of the activity that are taught. MARK ALL THAT APPLY

- Ballet, jazz, tap, or modern dances1
- Ballroom dances.....2
- Line dances, such as The Electric Slide.....3
- Rhythmic, folk, or cultural dances.....4
- Square dances.....5
- None of the above6

The next questions ask about physical education requirements at your school.

I’m going to read you three statements that describe requirements for physical education. Please listen to all three statements before giving your answer. You may choose more than one option.

16. How would you describe the physical education requirements at your school? MARK ALL THAT APPLY

- Physical education is required, but not in a specific grade.....1 →SKIP TO THE INSTRUCTIONS BEFORE Q23
- Physical education is required in specific grades.....2 →SKIP TO Q18
- Physical education is not required3

17. Earlier you indicated that students at this school are required to take physical education for graduation or promotion to the next grade level or school level. Is physical education required at your school?

- Yes1 →RETURN TO Q16
- No.....2 →RETURN TO Q8 AND THEN SKIP TO THE INSTRUCTIONS BEFORE Q40

Instructional Content

18. At this school, in which grades do students receive required instruction in physical education?

MARK ALL THAT APPLY

K.....	0
1 st	1
2 nd	2
3 rd	3
4 th	4
5 th	5
6 th	6
7 th	7
8 th	8
9 th	9
10 th	10
11 th	11
12 th	12

ANSWER Q19 – Q22 FOR EACH GRADE ABOVE.

19. How many weeks during the school year are _____ graders scheduled to take physical education?

_____ Weeks

20. On average, how many days per week are the _____ graders scheduled to take physical education?

1 Day.....	1
2 Days.....	2
3 Days.....	3
4 Days.....	4
5 Days.....	5
0 Days one week, 1 day the next week.....	6
1 Day one week, 2 days the next week.....	7
2 Days one week, 3 days the next week.....	8
3 Days one week, 4 days the next week.....	9
4 Days one week, 5 days the next week.....	10
Other.....	11

21. On average, how many minutes is each session of physical education scheduled to last?

_____ Minutes

22. Which of the following statements best describes how physical education is taught to _____ grade students?

- Physical education is taught to boys and girls together1
- Physical education is taught to boys and girls separately2
- Physical education is taught to boys only or girls only because this is a single sex school.....3

IF Q16 IS 2 ONLY, SKIP TO THE INSTRUCTIONS BEFORE Q40.

23. Now, I'm asking about courses that include instruction in physical education that students are required to take while at this school. I am asking about required courses that students do not have to take during any particular grade. Any courses that are chosen by students or are optional for students we will list in the next set of questions. Are students at this school required to take specific courses that include instruction in physical education?

- Yes1
- No.....2 →SKIP TO Q31

24. Please tell me the names of these specific courses that include instruction in physical education that are required for students at this school.

_____	Course 1	_____	Course 9
_____	Course 2	_____	Course 10
_____	Course 3	_____	Course 11
_____	Course 4	_____	Course 12
_____	Course 5	_____	Course 13
_____	Course 6	_____	Course 14
_____	Course 7	_____	Course 15
_____	Course 8	_____	Course 16

25.	_____	Course 17	_____	Course 25
	_____	Course 18	_____	Course 26
	_____	Course 19	_____	Course 27
	_____	Course 20	_____	Course 28
	_____	Course 21	_____	Course 29
	_____	Course 22	_____	Course 30
	_____	Course 23	_____	Course 31
	_____	Course 24	_____	Course 32

ANSWER Q26-30 FOR EACH COURSE LISTED IN Q24 AND Q25.

26. In what grade do students usually take _____?

- K.....0
- 1st.....1
- 2nd.....2
- 3rd.....3
- 4th.....4
- 5th.....5
- 6th.....6
- 7th.....7
- 8th.....8
- 9th.....9
- 10th.....10
- 11th.....11
- 12th.....12
- No usual grade13

27. How many weeks is the course scheduled to last?

_____ Weeks

28. On average, how many days per week is the course scheduled to meet?

- 1 Day1
- 2 Days2
- 3 Days3
- 4 Days4
- 5 Days5
- 0 Days one week, 1 day the next week6
- 1 Day one week, 2 days the next week7
- 2 Days one week, 3 days the next week.....8
- 3 Days one week, 4 days the next week.....9
- 4 Days one week, 5 days the next week.....10
- Other11

29. On average, how many minutes is each class period scheduled to last?

_____ Minutes

30. Which of the following statements best describes how physical education is taught in this course?

- Physical education is taught to boys and girls together1
- Physical education is taught to boys and girls separately2
- Physical education is taught to boys only or girls only because this is a single sex school3

31. Some schools have a general physical education requirement for which students must select a certain number of courses from a larger set of courses to fulfill the requirement. These courses are sometimes called “required electives.” Next, I am going to ask you about courses that meet this type of general physical education requirement. However, please do not include any of the required physical education courses that I have already asked you about, including any physical education courses required in a certain grade or any other required courses. Are there any courses at this school that students must choose from to meet this type of general physical education requirement?

- Yes1
- No.....2

→SKIP TO THE INSTRUCTIONS BEFORE Q40

32. Please tell me the names of these courses that meet a general physical education requirement at this school.

_____	Course 1	_____	Course 17
_____	Course 2	_____	Course 18
_____	Course 3	_____	Course 19
_____	Course 4	_____	Course 20
_____	Course 5	_____	Course 21
_____	Course 6	_____	Course 22
_____	Course 7	_____	Course 23
_____	Course 8	_____	Course 24
33. _____	Course 9	_____	Course 25
_____	Course 10	_____	Course 26
_____	Course 11	_____	Course 27
_____	Course 12	_____	Course 28
_____	Course 13	_____	Course 29
_____	Course 14	_____	Course 30
_____	Course 15	_____	Course 31
_____	Course 16	_____	Course 32

34. Of the courses you just listed, how many must students take to fulfill the general physical education requirement?

_____ Number of courses for general physical education requirement

ANSWER Q35 - Q39 FOR EACH COURSE LISTED IN Q32 AND Q33.

35. In what grade do students usually take _____?

K.....	0
1 st	1
2 nd	2
3 rd	3
4 th	4
5 th	5
6 th	6
7 th	7
8 th	8
9 th	9
10 th	10
11 th	11
12 th	12
No usual grade	13

36. How many weeks is the course scheduled to last?

_____ Weeks

37. On average, how many days per week is the course scheduled to meet?

- 1 Day1
- 2 Days2
- 3 Days3
- 4 Days4
- 5 Days5
- 0 Days one week, 1 day the next week6
- 1 Day one week, 2 days the next week7
- 2 Days one week, 3 days the next week.....8
- 3 Days one week, 4 days the next week.....9
- 4 Days one week, 5 days the next week.....10
- Other11

38. On average, how many minutes is each class period scheduled to last?

_____ Minutes

39. Which of the following statements best describes how physical education is taught in this course?

- Physical education is taught to boys and girls together1
- Physical education is taught to boys and girls separately2
- Physical education is taught to boys only or girls only because this is a single sex school.....3

ANSWER Q40 FOR ELEMENTARY SCHOOL ONLY. OTHERWISE, SKIP TO THE INSTRUCTIONS BEFORE Q41.

SHOW CARD 6

My next question is about who teaches physical education.

40. Looking at this card, please tell me who teaches physical education to students at this school.

MARK ALL THAT APPLY

- Physical education teacher(s) or specialist(s)1
- Regular classroom teacher(s)2
- Other(s)3

ANSWER Q41 FOR MIDDLE/JUNIOR HIGH AND SENIOR HIGH SCHOOL ONLY. OTHERWISE, SKIP TO THE INSTRUCTIONS BEFORE Q42.

SHOW CARD 7

My next question is about who teaches physical education.

41. Looking at this card, please tell me who teaches physical education to students at this school.

MARK ALL THAT APPLY

- Physical education teacher(s).....1
- Health education teacher(s).....2
- Other teacher(s).....3
- Other(s).....4

Student Assessment

IF THIS SCHOOL DOES NOT HAVE ANY REQUIRED PHYSICAL EDUCATION (Q8 IS “NO”), SKIP TO THE INTRODUCTION TO Q46. OTHERWISE, CONTINUE WITH Q42.

These next questions ask about grading students in required physical education.

42. What type of grade do students receive for required physical education at this school?
MARK ALL THAT APPLY

Letter or numerical grade.....1
Pass/Fail2
Other3
No grades given for physical education.....4 →SKIP TO THE
INTRODUCTION TO Q45

43. Are grades from required physical education used the same as grades from other subject areas when determining grade point averages, honor roll status, or other indicators of academic standing?

Yes1
No.....2
School does not calculate grade point averages
or have any other indicators of academic
standing3

44. If students fail required physical education, are they required to repeat it?

Yes1
No.....2

Use of Protective Gear

My next question is about protective gear.

45. Must students wear appropriate protective gear during required physical education?

Yes1

No.....2

Students do not engage in any physical
activities that require protective gear3

Sample Copy - Do Not Complete

Physical Activity and Discipline

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

46. Are staff at this school allowed to use physical activity, such as laps or push-ups, to punish students for bad behavior in physical education?

Yes1

No.....2 →SKIP TO Q48

47. Are staff at this school actively discouraged from using physical activity to punish students for bad behavior in physical education?

Yes1

No.....2

48. Are staff at this school allowed to exclude students from all or part of physical education as punishment for bad behavior in another class?

Yes1

No.....2 →SKIP TO THE
INTRODUCTION TO Q50

49. Are staff at this school actively discouraged from excluding students from all or part of physical education to punish students for bad behavior in another class?

Yes1

No.....2

Students with Disabilities

During the rest of the interview, I will continue to ask about physical education, meaning class time that is spent teaching a physical education curriculum. Again, please do not include instruction on physical activity topics that are part of health education or any other subject.

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

50. Currently, are there any students with long-term physical, medical, or cognitive disabilities enrolled at this school?
- Yes1
 No.....2 →SKIP TO THE INTRODUCTION TO Q56
51. Is physical education ever included in Individualized Education Programs (IEPs) or 504 plans for students with long-term physical, medical, or cognitive disabilities?
- Yes1
 No.....2
52. Are there any students with long-term physical, medical, or cognitive disabilities who participate in required physical education at this school?
- Yes1
 No.....2 →SKIP TO THE INTRODUCTION TO Q56
53. Do any of these students participate...
- | | Yes | No |
|--|--------|--------|
| a. In adapted physical education only, that is separate from regular physical education? | 1..... | 2..... |
| b. In regular physical education only? | 1..... | 2..... |
| c. In both adapted and regular physical education? | 1..... | 2..... |

IF Q53A IS “YES” AND Q53C IS “NO,” SKIP TO THE INSTRUCTIONS BEFORE Q55.

SHOW CARD 8

54. Looking at this card, please tell me who assists the physical education teacher with teaching students with long-term physical, medical, or cognitive disabilities in regular physical education.

MARK ALL THAT APPLY

- Special education teacher(s)1
- Special education teacher’s aide(s)2
- Adapted physical education teacher(s) or specialist(s)3
- Physical or occupational therapist(s)4
- Physical education teacher(s) or specialist(s)5
- Regular classroom teacher(s)6
- Other(s)7

IF Q53B IS “YES” AND Q53C IS “NO,” SKIP TO THE INTRODUCTION TO Q56.

SHOW CARD 9

55. Looking at this card, please tell me who teaches adapted physical education.

MARK ALL THAT APPLY

- Regular physical education teacher(s)1
- Adapted physical education teacher(s) or specialist(s)2
- Special education teacher(s)3
- Special education teacher’s aide(s)4
- Physical or occupational therapist(s)5
- Regular classroom teacher(s)6
- Other(s)7

Facilities

In these next questions, I'll ask about the facilities that this school might have for physical education.

56. Does this school have locker rooms with showers for students?

Yes1
 No.....2

SHOW CARD 10

This card lists facilities that this school might have access to for indoor physical education either on or off school property. As I read the list, please tell me which facilities this school has access to for indoor physical education.

57. Does this school have access to...

	Yes	No
a. A gymnasium?	1.....	2.....
b. An indoor track?	1.....	2.....
c. An indoor pool?	1.....	2.....
d. A weight room?	1.....	2.....
e. A cardiovascular fitness center?	1.....	2.....
f. A wrestling room?	1.....	2.....
g. A dance studio?	1.....	2.....
h. A racquetball or squash court?.....	1.....	2.....

I am going to read you another list of facilities this school might use for physical activity during indoor physical education.

58. Does this school use...

	Yes	No	N/A
a. Regular classrooms for indoor physical education?	1.....	2.....	
b. A cafeteria, auditorium, or other multi-purpose room for indoor physical education?	1.....	2.....	
c. Any trailers or mobile buildings for indoor physical education?	1.....	2.....	3.....

IF Q57A IS “NO” AND Q58B IS “NO,” SKIP TO THE INTRODUCTION TO Q60.

59. How crowded is your _____ during a typical physical education class?
Would you say it is...
- Less than 50% full,1
 - 50 to 75% full,.....2
 - 76 to 100% full, or3
 - Over capacity?4

SHOW CARD 11

As I read this list, please tell me which facilities this school has access to for outdoor physical education either on or off school property.

60. Does this school have access to...
- | | Yes | No |
|--|--------|----|
| a. A track for walking, jogging, or running? | 1..... | 2 |
| b. An outdoor pool? | 1..... | 2 |
| c. An outdoor volleyball court? | 1..... | 2 |
| d. An outdoor basketball court? | 1..... | 2 |
| e. An outdoor tennis court? | 1..... | 2 |
| f. A baseball or softball field? | 1..... | 2 |
| g. A soccer or football field? | 1..... | 2 |
| h. A general use field? | 1..... | 2 |

ANSWER I FOR ELEMENTARY SCHOOL ONLY. OTHERWISE, SKIP TO Q61.

- i. Playground equipment?1.....2
61. Does this school use a parking lot or black top area for outdoor physical education?
- Yes1
 - No.....2

Staffing and Staff Development

ANSWER Q62 AND Q63 IF THIS SCHOOL HAS ANY REQUIRED PHYSICAL EDUCATION (Q8 IS "YES"). OTHERWISE, SKIP TO Q64.

My next questions ask about staffing for physical education at this school.

62. Is there a maximum student-to-teacher ratio allowed for required physical education at this school?

Yes1
No.....2 →SKIP TO Q64

63. What is the maximum student-to-teacher ratio allowed for physical education?

_____ Students per teacher

64. Are newly hired staff who teach physical education required to have undergraduate or graduate training in physical education or a related field?

Yes1
No.....2

65. Are newly hired staff who teach physical education required to be certified, licensed, or endorsed by the state in physical education?

Yes1
No.....2
State does not offer certification, licensure,
or endorsement3

66. Are newly hired staff who teach physical education required to earn continuing education credits on physical education topics?

Yes1
No.....2

Collaboration and Promotion

Now I'm going to ask you about collaboration among physical education staff and other school and local agency staff.

67a. During the past 12 months, have the physical education staff worked on physical education activities with health education staff from this school?

Yes1
No.....2
School does not have health education staff.....3

67b. What about with health services staff from this school?

Yes1
No.....2
School does not have health services staff.....3

67c. What about with mental health or social services staff from this school?

Yes1
No.....2
School does not have mental health
or social services staff.....3

67d. What about with nutrition or food service staff from this school?

Yes1
No.....2
School does not have nutrition or food
service staff3

68. During the past 12 months, have the school physical education staff worked on physical education activities with staff or members from...

	Yes	No	N/A
a. A local health department?	1.....	2.....	3.....
b. A local hospital?	1.....	2.....	3.....
c. A local mental health or social services agency?	1.....	2.....	3.....
d. A health organization, such as the American Heart Association or the American Cancer Society?.....	1.....	2.....	3.....
e. A local college or university?	1.....	2.....	3.....
f. A local business?.....	1.....	2.....	3.....
g. A local parks or recreation department?	1.....	2.....	3.....
h. A local youth organization, such as the YMCA, Boys or Girls Clubs, or the Boy Scouts or Girl Scouts?.....	1.....	2.....	3.....
i. A local service club, such as the Rotary Club?.....	1.....	2.....	3.....
j. A local health or fitness club?.....	1.....	2.....	3.....

Sample Copy - Do Not Complete

The next question asks about physical education promotion that might occur at your school.

69. During the past 12 months, has this school...

	Yes	No
a. Met with a parents' organization, such as the PTA, to discuss school physical education?	1	2
b. Provided families with information on school physical education?	1	2
c. Discussed student performance in physical education as part of parent-teacher conferences?	1	2
d. Invited family members to attend physical education classes?	1	2
e. Invited family members to tour the physical education facilities?	1	2
f. Offered any physical education or physical activity programs to families?	1	2
g. Collected suggestions from family members of students about school physical education?	1	2
h. Collected suggestions from students about school physical education?	1	2

Intramural Activities and Physical Activity Clubs

My next questions ask about opportunities that students at this school might have to participate in intramural activities and physical activity clubs. By “intramural activities” and “physical activity clubs,” I 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.

70. Does this school offer opportunities for students to participate in intramural activities or physical activity clubs?

Yes1
 No2 →SKIP TO THE INSTRUCTIONS BEFORE Q80

71. Are students provided with information about intramural activities or physical activity clubs...

	Yes	No
a. During school announcements?	1.....	2.....
b. In a school newsletter, newspaper, or other school publication?	1.....	2.....
c. On posters or other materials on display in the school?	1.....	2.....

72. Is this school...

Co-ed?.....1
 All girls?.....2 →SKIP TO Q74
 All boys?.....3 →SKIP TO Q74

Intramural Activities and Physical Activity Clubs

SHOW CARD 12

73. This card lists different intramural activities or physical activity clubs that might be offered to students at this school. As I read the list, please tell me if the activity is offered to both boys and girls, only boys, or only girls.

	Both Boys and Girls	Only Boys	Only Girls	Neither
a. Aerobics, such as step or low-impact	1	2	3	4
b. Badminton	1	2	3	4
c. Baseball, softball, or whiffleball	1	2	3	4
d. Basketball	1	2	3	4
e. Bowling	1	2	3	4
f. Cardiovascular fitness	1	2	3	4
g. Dance, such as ballroom, folk, or square dance	1	2	3	4
h. Football, such as touch or flag football	1	2	3	4
i. Frisbee, frisbee golf, or ultimate frisbee	1	2	3	4
j. Golf	1	2	3	4
k. Gymnastics	1	2	3	4
l. Hiking, backpacking, or orienteering	1	2	3	4
m. Hockey, such as field, floor, roller, or ice hockey	1	2	3	4
n. Jump rope	1	2	3	4
o. Lacrosse	1	2	3	4
p. Martial arts	1	2	3	4
q. Non-stationary bicycling	1	2	3	4
r. Racquet sports, other than tennis, such as racquetball, handball, squash, or paddleball	1	2	3	4
s. Running or jogging	1	2	3	4
t. Skating, such as roller, in-line, or ice skating	1	2	3	4
u. Skiing, such as cross country, downhill, or water skiing	1	2	3	4
v. Soccer	1	2	3	4
w. Swimming, diving, or water polo	1	2	3	4
x. Tennis	1	2	3	4
y. Volleyball	1	2	3	4
z. Walking	1	2	3	4
aa. Weight training	1	2	3	4
bb. Wrestling	1	2	3	4
cc. Yoga or flexibility	1	2	3	4

Intramural Activities and Physical Activity Clubs

ALL SKIP TO Q75.

SHOW CARD 13

74. This card lists different intramural activities or physical activity clubs that might be offered to students at this school. As I read this list, please tell me if the activity is offered.

	Yes	No
a. Aerobics, such as step or low-impact	1	2
b. Badminton.....	1	2
c. Baseball, softball, or whiffleball.....	1	2
d. Basketball.....	1	2
e. Bowling.....	1	2
f. Cardiovascular fitness.....	1	2
g. Dance, such as ballroom, folk, or square dance.....	1	2
h. Football, such as touch or flag football.....	1	2
i. Frisbee, frisbee golf, or ultimate frisbee	1	2
j. Golf	1	2
k. Gymnastics.....	1	2
l. Hiking, backpacking, or orienteering.....	1	2
m. Hockey, such as field, floor, roller, or ice hockey.....	1	2
n. Jump rope.....	1	2
o. Lacrosse	1	2
p. Martial arts.....	1	2
q. Non-stationary bicycling.....	1	2
r. Racquet sports, other than tennis, such as racquetball, handball, squash, or paddleball	1	2
s. Running or jogging	1	2
t. Skating, such as roller, in-line, or ice skating.....	1	2
u. Skiing, such as cross country, downhill, or water skiing.....	1	2
v. Soccer.....	1	2
w. Swimming, diving, or water polo	1	2
x. Tennis.....	1	2
y. Volleyball.....	1	2
z. Walking.....	1	2
aa. Weight training	1	2
bb. Wrestling.....	1	2
cc. Yoga or flexibility.....	1	2

Intramural Activities and Physical Activity Clubs

75. Does this school provide transportation home for students who participate in after-school intramural activities or physical activity clubs?
- Yes1
No.....2
Intramurals/physical activity clubs do not meet after school3
76. Must students pay an activity fee to participate in any intramural activities or physical activity clubs?
- Yes1
No.....2 →SKIP TO Q78
77. Is the fee waived if the student cannot afford to pay?
- Yes1
No.....2
78. Are staff paid to supervise intramural activities or physical activity clubs?
- Yes1
No.....2
79. Must students wear appropriate protective gear when engaged in intramural activities or physical activity clubs?
- Yes1
No.....2
Students do not engage in any intramural activities or physical activity clubs that require protective gear3

Community Use of School Facilities

ANSWER Q80-Q85 IF THIS SCHOOL HAS ANY INDOOR OR OUTDOOR FACILITIES THAT COULD BE USED FOR PHYSICAL EDUCATION OR ACTIVITY (ANY Q57 OR Q60 IS “YES”). OTHERWISE, SKIP TO Q86.

The following questions are about the use of facilities on school property for programs sponsored by community organizations such as a YMCA, parks and recreation department, or Boys and Girls Clubs. Do not include school-sponsored interscholastic sports, intramural activities, or physical activity clubs.

80. Outside of school hours or when school is not in session, do children or adolescents use any of this school’s physical activity or athletic facilities for...

	Yes	No
a. Community-sponsored sports teams?	1.....	2.....
b. Community-sponsored classes or lessons, such as tennis or gymnastics?.....	1.....	2.....
c. Community-sponsored supervised “open-gym” or “free-play?”	1.....	2.....

IF ALL ANSWERS TO Q80 ARE “NO,” SKIP TO Q82. OTHERWISE, CONTINUE WITH Q81.

81. Are any of these physical activity programs for children and adolescents offered...

	Yes	No
a. Before school?	1.....	2.....
b. After school?.....	1.....	2.....
c. In the evenings?	1.....	2.....
d. On the weekends?	1.....	2.....
e. During school vacations?	1.....	2.....

82. Outside of school hours or when school is not in session, do adults who are not school employees use any of this school’s physical activity or athletic facilities for...

	Yes	No
a. Community-sponsored sports teams?	1.....	2.....
b. Community-sponsored physical activity classes or lessons such as tennis or aerobics?.....	1.....	2.....
c. Community-sponsored “open-gym?”	1.....	2.....

IF ALL ANSWERS TO Q82 ARE “NO”, SKIP TO Q84. OTHERWISE, CONTINUE WITH Q83.

83. Are any of these physical activity programs for adults offered...

	Yes	No
a. Before school?	1.....	2.....
b. After school?.....	1.....	2.....
c. In the evenings?	1.....	2.....
d. On the weekends?	1.....	2.....
e. During school vacations?.....	1.....	2.....

84. Can children or adults in the community use any of this school’s outdoor physical activity and athletic facilities without being in a supervised program?

Yes	1	
No.....	2	→SKIP TO Q86
School does not have outdoor physical activity/athletic facilities.....	3	→SKIP TO Q86

85. Can children or adults in the community use this school’s outdoor physical activity and athletic facilities without being in a supervised program...

	Yes	No
a. Before school?	1.....	2.....
b. After school?.....	1.....	2.....
c. In the evenings?	1.....	2.....
d. On the weekends?	1.....	2.....
e. During school vacations?.....	1.....	2.....

Physical Education Coordinator

86. Currently, does someone at this school oversee or coordinate physical education?

Yes1
No.....2 →SKIP TO Q97

87. Are you this person?

Yes1
No.....2 →SKIP TO Q97

My last set of questions asks about your teaching experience and educational background.

88. Counting this year as a full year and including years spent teaching physical education at any other schools, how many years of experience do you have teaching physical education?

_____ Years

89. Do you coach an interscholastic sport?

Yes1
No.....2

90. Do you have an undergraduate degree?

Yes1
No.....2 →SKIP TO Q96

91. What did you major in?

MARK ALL THAT APPLY

Physical education1
Health education2
Other education.....3
Kinesiology, exercise physiology, or
exercise science.....4
Other5

92. Did you have an undergraduate minor?

- Yes1
- No.....2 →SKIP TO Q94

93. What did you minor in?
MARK ALL THAT APPLY

- Physical education1
- Health education2
- Other education.....3
- Kinesiology, exercise physiology, or
exercise science.....4
- Other5

94. Do you have a graduate degree?

- Yes1
- No.....2 →SKIP TO Q96

95. In what area or areas?
MARK ALL THAT APPLY

- Physical education1
- Health education2
- Other education.....3
- Kinesiology, exercise physiology, or
exercise science.....4
- Other5

96. Currently, are you certified, endorsed, or licensed by the state to teach physical education in...

	Yes	No	N/A
a. Elementary school?.....	1.....	2.....	3.....
b. Middle or junior high school?.....	1.....	2.....	3.....
c. Senior high school?.....	1.....	2.....	3.....

97. My supervisor may wish to call you to ask about how I conducted this interview. Would you please tell me a telephone number where we might reach you starting with the area code?

() -

- 1) Daytime or
- 2) Evening/Weekend

Thank you very much for taking the time to complete this interview.

Sample Copy - Do Not Complete

Interscholastic Sports

98. What is your job title at the school? (In which role do you spend more time?)

- | | |
|---|--|
| 1) Principal | 12) Social Worker |
| 2) Asst. Principal/Other School Administrator | 13) Psychologist |
| 3) School Secretary | 14) Other Mental Health/Social Services Provider |
| 4) Physical Ed Teacher | 15) Nurse |
| 5) Athletic Director | 16) Health Aide |
| 6) Health Ed Teacher | 17) Physician |
| 7) Other Teacher | 18) Other Health Services Provider |
| 8) Food Service Manager | 19) SBHC Health Services Staff |
| 9) Commercial Food Service Provider | 20) SBHC Mental Health/Social Services Staff |
| 10) Other School Food Service | 50) Other Staff |
| 11) School Counselor | |

99. Is this school...

- Co-ed.....1
 All girls2
 All boys.....3

I'd like to ask about opportunities that students at this school have to participate in interscholastic sports.

ANSWER Q100 IF THIS SCHOOL IS CO-ED. OTHERWISE, SKIP TO Q101.

100. I am going to read a list of interscholastic sports that might be offered to students at this school. As I read the list, please tell me if the sport is offered to both boys and girls, only boys, only girls, or neither.

	Both Boys and Girls	Only Boys	Only Girls	Neither
a. Badminton.....	1.....	2.....	3.....	4.....
b. Baseball.....	1.....	2.....	3.....	4.....
c. Basketball.....	1.....	2.....	3.....	4.....
d. Bowling.....	1.....	2.....	3.....	4.....
e. Cheerleading or competitive spirits	1.....	2.....	3.....	4.....
f. Cross-country	1.....	2.....	3.....	4.....

Interscholastic Sports

g. Downhill or cross country skiing.....	1.....	2.....	3.....	4
h. Fast pitch or slow pitch softball.....	1.....	2.....	3.....	4
i. Field hockey.....	1.....	2.....	3.....	4
j. Football.....	1.....	2.....	3.....	4
k. Golf.....	1.....	2.....	3.....	4
l. Gymnastics.....	1.....	2.....	3.....	4
m. Ice hockey.....	1.....	2.....	3.....	4
n. Lacrosse.....	1.....	2.....	3.....	4
o. Riflery.....	1.....	2.....	3.....	4
p. Soccer.....	1.....	2.....	3.....	4
q. Swimming or diving.....	1.....	2.....	3.....	4
r. Tennis.....	1.....	2.....	3.....	4
s. Track and field.....	1.....	2.....	3.....	4
t. Volleyball.....	1.....	2.....	3.....	4
u. Water polo.....	1.....	2.....	3.....	4
v. Weight lifting.....	1.....	2.....	3.....	4
w. Wrestling.....	1.....	2.....	3.....	4

ALL SKIP TO Q102.

101. I am going to read a list of interscholastic sports that might be offered to students at this school. As I read the list, please tell me if the sport is offered.

	Yes	No
a. Badminton.....	1.....	2
b. Baseball.....	1.....	2
c. Basketball.....	1.....	2
d. Bowling.....	1.....	2
e. Cheerleading or competitive spirits.....	1.....	2
f. Cross-country.....	1.....	2
g. Downhill or cross country skiing.....	1.....	2
h. Fast pitch or slow pitch softball.....	1.....	2
i. Field hockey.....	1.....	2
j. Football.....	1.....	2
k. Golf.....	1.....	2
l. Gymnastics.....	1.....	2
m. Ice hockey.....	1.....	2
n. Lacrosse.....	1.....	2
o. Riflery.....	1.....	2
p. Soccer.....	1.....	2
q. Swimming or diving.....	1.....	2
r. Tennis.....	1.....	2

- s. Track and field1.....2
- t. Volleyball.....1.....2
- u. Water polo.....1.....2
- v. Weight lifting.....1.....2
- w. Wrestling.....1.....2

102. Does this school distribute a handbook containing policies, regulations, rules, and enforcement measures for students who participate in interscholastic sports?

- Yes1
- No.....2

103. Does this school allow the practice of using physical activity to punish students for poor performance or bad behavior in interscholastic sports?

- Yes1
- No.....2 →SKIP TO Q105

104. Does this school actively discourage the practice of using physical activity to punish students for poor performance or bad behavior in interscholastic sports?

- Yes1
- No.....2

105. Does this school provide transportation home for students who participate in interscholastic sports?

- Yes1
- No.....2

106. Must students pay an activity fee to participate in any interscholastic sports?

- Yes1
- No.....2 →SKIP TO Q108

107. Is the fee waived if the student cannot afford to pay?

Yes1
 No.....2

108. Must students wear appropriate protective gear when engaged in interscholastic sports?

Yes1
 No.....2
 Students do not engage in any interscholastic sports that require protective gear3

109. How often does the interscholastic sports program at this school...

	Never	Rarely	Some- times	Almost Always or Always
a. Require physical examination by a health care provider before participation?.....	1.....	2.....	3.....	4.....
b. Avoid excesses in training regime that may result in injuries, such as heat stroke, exhaustion, dehydration, sprains, or strains?.....	1.....	2.....	3.....	4.....
c. Reward students for good sportsmanship, teamwork, and adherence to safety rules?.....	1.....	2.....	3.....	4.....
d. Strictly enforce prohibitions against alcohol or drug use?.....	1.....	2.....	3.....	4.....
e. Actively discourage student use of steroids, hormones, or other substances to enhance athletic performance?.....	1.....	2.....	3.....	4.....
f. Strictly enforce prohibitions against violence and aggression by students, spectators, coaches, and other persons during sporting events?.....	1.....	2.....	3.....	4.....
g. Strictly enforce prohibitions against dangerous athletic behaviors, such as spearing in football, high sticking in hockey, or bat throwing in baseball?	1.....	2.....	3.....	4.....
h. Report all sports-related injuries to the appropriate authority?.....	1.....	2.....	3.....	4.....

110. Does the interscholastic sports program...

Yes No

- a. Establish criteria, including clearance by a health-care provider, before allowing further participation in practice or reentry into game play after a head injury?.....1.....2
- b. Establish criteria for safe playing conditions, for example avoiding extreme temperatures or dangerous field conditions?1.....2

111. Is a head coach at this school required to...

Yes No

- a. Have previous coaching experience in any sport?.....1.....2
- b. Have previous coaching experience in the sports they will be coaching?.....1.....2
- c. Have a teaching certificate?.....1.....2
- d. Complete a coaches' training course?.....1.....2
- e. Be certified in first aid?.....1.....2
- f. Be certified in CPR?1.....2
- g. Be employed by this school or school district?.....1.....2

112. Are assistant coaches or volunteer athletic aides required to complete a training course?

- Yes1
- No.....2
- School does not have assistant coaches/volunteer athletic aides.....3

113. Do any certified athletic trainers provide services for the interscholastic sports teams?

- Yes1
- No.....2

114. My supervisor may wish to call you to ask about how I conducted this interview. Would you please tell me a telephone number where we might reach you starting with the area code?

() -

- 1) Daytime or
- 2) Evening/Weekend

Thank you very much for taking the time to complete this interview with me.

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

Sample Copy - Do Not Complete