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Physical Education Classroom Questionnaire

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Special Instructions

This questionnaire will be administered using Computer Assisted Personal Interviewing. 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, 4) access information that was provided in previous contact with a school, and 5) perform other useful functions. The programming specifications for the interview are not included in this printed version of the questionnaire.

If you would like more information about this study or would like clarification of any questions in this questionnaire, please call Tim Smith at 1-800-647-9664, extension 6095.

General Course Characteristics and Content

By “physical education,” or “PE,” 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.

If this is an elementary school, answer Q1 - Q3. If this is a middle, junior, or senior high school, skip to Q4.

1. I would like to talk with you about teaching physical education in _____ grade. Are you currently teaching PE to a group of ____ graders?

Yes.....1

No.....2

→ Thank you for your time and patience. That is the end of the interview.

2. How many different groups of ____ graders are you teaching PE to?

_____ Groups

If only one group, skip to Q10. Otherwise, continue with Q3.

General Course Characteristics and Content

3. For this interview, I need to ask about one specific group. If you would name each group, for example your “morning class” or your “afternoon class,” I will type the names into the computer. The computer will then select the group that I will ask about during the interview. Please tell me the names of all the groups.

Group 1 _____
Group 2 _____
Group 3 _____
Group 4 _____
Group 5 _____
Group 6 _____
Group 7 _____
Group 8 _____
Group 9 _____
Group 10 _____
Group 11 _____
Group 12 _____

The computer has selected _____. Throughout this interview, please think about what will take place by the time you finish teaching this group of _____ graders.

Skip to Q10

4. During this interview, I would like to talk about teaching _____. In what month and year did you last finish teaching a section of the class?

_____ Month
_____ Year

5. In what month and year did you begin teaching that section of the class?

_____ Month
_____ Year

General Course Characteristics and Content

6. Are you currently teaching a section of the class?

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

7. At that time, how many sections of the class were you teaching?

_____ Sections

If only one section, skip to Q9. Otherwise, continue with Q8.

8. For this interview, I need to ask about one specific class section. If you would name each section, for example your “first period class” or your “afternoon period,” I will type the names into the computer. The computer will then select the section that I will ask about during the interview. Please tell me the names of all the sections.

Section 1 _____
Section 2 _____
Section 3 _____
Section 4 _____
Section 5 _____
Section 6 _____
Section 7 _____
Section 8 _____
Section 9 _____
Section 10 _____
Section 11 _____
Section 12 _____

The computer has selected _____. Throughout this interview, please think about what took place when you taught this class section.

General Course Characteristics and Content

9. Was this class a combined health education and physical education course? By health education, I mean topics not directly related to physical activity, such as alcohol or other drug use prevention.

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

10. At the end of the class, how many students were enrolled in the class?

_____ Students

SHOW CARD 1

11. This card lists topics that are taught in PE. As I read the list of topics on the card, please tell me if you taught about each one in the class. By teach, I mean some advanced planning on your part was involved; the subject was not just brought up in class.
Did you teach about...

	Yes	No
1. The physical, psychological, or social benefits of physical activity?.....	1	2
2. The role of physical activity in reducing risk for diseases, such as heart disease or osteoporosis?.....	1	2
3. Health-related fitness, that is cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition?	1	2
4. Basic anatomy?.....	1	2
5. Phases of a workout, that is warmup, workout, and cool down?.....	1	2
6. How much physical activity is enough, that is determining frequency, intensity, time, and type of physical activity?.....	1	2
7. Developing an individualized physical activity plan?	1	2
8. Monitoring progress toward reaching goals in an individualized physical activity plan?	1	2
9. Overcoming barriers to physical activity?	1	2
10. Opportunities for physical activity in the community?.....	1	2
11. How to find valid information or services related to physical activity and fitness?.....	1	2
12. Balancing food intake and physical activity?.....	1	2
13. Preventing injury during physical activity?.....	1	2
14. Weather-related safety, for example avoiding heat stroke, hypothermia, and sunburn while physically active?	1	2
15. Dangers of using performance-enhancing drugs, such as steroids?	1	2

General Course Characteristics and Content

12. When planning to teach or teaching the class, did you use...

	Yes	No
1. The National Standards for Physical Education?.....	1	2
2. Any state, district, or school curriculum or guidelines for PE?	1	2
3. Any materials from health organizations, such as the American Heart Association or the American Cancer Society?.....	1	2
4. A commercially-developed student textbook?	1	2
5. A commercially-developed teacher's guide?.....	1	2
6. Student physical activity logs or journals?	1	2

Physical Activities

13. In that class, did you teach...

Yes No

Answer a if this school is an elementary school.

- | | | | |
|---|---|-------|---|
| 1. Movement concepts and skills? | 1 | | 2 |
| 2. Individual or paired activities? | 1 | | 2 |
| 3. Group or team activities? | 1 | | 2 |
| 4. Aquatic activities? | 1 | | 2 |
| 5. Dance activities? | 1 | | 2 |

Answer Q14 if movement concepts and skills were taught in this class (Q13a is Yes).
Otherwise, skip to Q15.

SHOW CARD 2

14. How many hours did your students spend in this class on...

<1 1 2 3 4 5 6 7 8 9 10 ≥11

- | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|------|---|------|---|------|---|------|---|------|---|------|---|------|---|------|---|------|---|------|----|----|----|
| 1. Space awareness, such as
space, directions,
or levels? | 0 | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 8 | | 9 | | 10 | .. | 11 |
| b. Locomotor skills, such as
walking, running, hopping,
or sliding? | 0 | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 8 | | 9 | | 10 | .. | 11 |
| c. Manipulative skills, such as
throwing, catching, kicking,
or striking? | 0 | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 8 | | 9 | | 10 | .. | 11 |
| 4. Non-manipulative skills, such
as twisting, rolling, or
transferring weight? | 0 | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | | 8 | | 9 | | 10 | .. | 11 |

Answer Q15 if individual or paired activities were taught in this class (Q13b is Yes). Otherwise, skip to Q16.

SHOW CARD 3

15. The next questions are about the amount of time spent on individual or paired activities. Please include any time you might spend on lead-up skills, skills specific to the activity, or modified versions of the activity. How many hours did your students spend in this class on...

1 2 3 4 5 6 7 8 9 10 ≥11

1. Aerobics, such as step or low impact?.....0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
- b. Badminton?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
3. Bowling?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
4. Climbing ropes or wall ladders? 0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
5. Climbing walls?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
6. Exercise machines, such as rowers, ski machines, stair climbers, stationary bikes, or treadmills?.....0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
7. Frisbee or frisbee golf?.....0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
8. Golf?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
9. Gymnastics?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
10. Hiking, backpacking, or orienteering?.....0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
11. Jumping rope?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
12. Martial arts?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
13. Non-stationary bicycling?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
14. Racquet sports, such as racquetball, handball, squash, or paddleball?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
15. Skating, such as roller, in-line, or ice skating?.....0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
16. Skiing, such as cross country, downhill, or water skiing?.....0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
17. Student-designed games?.....0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
18. Tennis?.....0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
19. Track and field?.....0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
20. Walking, jogging, or running?...0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
21. Weight training?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11
22. Wrestling?0 ... 1 2 3....4....5 6 7 8....9 ... 10 .. 11

Answer Q16 if group or team activities were taught in this class (Q13c is Yes). Otherwise, skip to Q18.

SHOW CARD 4

16. The next questions are about the amount of time spent on group or team activities. Please include any time you might spend on lead-up skills, skills specific to the activity, or modified versions of the activity. How many hours did your students spend in this class on...

<1 1 2 3 4 5 6 7 8 9 10 ≥11

- 1. Baseball, softball, or whiffleball?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11
- 2. Basketball?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11
- 3. Dodgeball or bombardment?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11
- 4. Touch or flag football?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11
- 5. Hockey, such as field, floor, roller, or ice hockey?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11
- 6. Kickball?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11
- 7. Lacrosse?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11
- 8. Soccer?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11
- 9. Student-designed games?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11
- 10. Ultimate frisbee?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11
- 11. Volleyball?0 ... 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10 .. 11

Answer Q17 if this school is an elementary school and group or team activities were taught in this class (Q13c is Yes). Otherwise, skip to Q18.

SHOW CARD 5

17. How many hours did your students spend in this class playing...

< 1 1 2 3 4 5 6 7 8 9 10 ≥ 11

- 1. Duck-duck-goose?0 1 2 345 6 7 89 ... 10 .. 11
- 2. King of the hill or steal
the flag?.....0 1 2 345 6 7 89 ... 10 .. 11
- 3. Red rover?.....0 1 2 345 6 7 89 ... 10 .. 11
- 4. Tag?.....0 1 2 345 6 7 89 ... 10 .. 11

Answer Q18 if aquatic activities were taught in this class (Q13d is Yes). Otherwise, skip to Q19.

SHOW CARD 6

18. The next questions are about the amount of time spent on aquatic activities. Please include any time you might spend on lead-up skills, skills specific to the activity, or modified versions of the activity. How many hours did your students spend in this class on...

< 1 1 2 3 4 5 6 7 8 9 10 ≥ 11

- 1. Diving?.....0 1 2 345 6 7 89 ... 10 .. 11
- 2. Stroke instruction or swimming
skill practice?.....0 1 2 345 6 7 89 ... 10 .. 11
- 3. Team water sports, such as
basketball, volleyball, or
water polo?0 1 2 345 6 7 89 ... 10 .. 11
- 4. Water aerobics?.....0 1 2 345 6 7 89 ... 10 .. 11
- 5. Water safety or lifesaving?.....0 1 2 345 6 7 89 ... 10 .. 11

Answer Q19 if dance activities were taught in this class (Q13e is Yes). Otherwise, skip to Q20.

SHOW CARD 7

19. The next questions are about the amount of time spent on dance activities. Please include any time you might spend on lead-up skills, skills specific to the activity, or modified versions of the activity. How many hours did your students spend in this class on...

<1 1 2 3 4 5 6 7 8 9 10 ≥11

- 1. Ballet, jazz, tap, or modern dance?
2. Ballroom dances?
3. Folk dances?
4. Line dances, such as the Electric Slide?
5. Square dances?

20. During a typical class period, how many minutes did students spend...

Minutes

- 1. Changing clothes before class?
2. Doing warm-up activities?
3. Receiving instruction through lecture or demonstration?
4. Doing skills drills?
5. Participating in games, sports, or dance?
6. Doing cool-down activities?
7. Showering or changing clothes after activities?

21. During a typical class period, how many minutes did you usually spend doing administrative tasks while students were not physically active?

Minutes

Teaching and Evaluation Techniques

Now, I would like to ask a few more general questions about the class. Please remember to answer these questions about this class only.

22. When you grouped students together, did you select team captains who then chose team members?

Yes..... 1
 No2

23. The next questions ask about the use of various teaching methods. Did you use...

	Yes	No
1. Group discussions?.....	1	2
2. Competitive group activities?.....	1	2
3. Cooperative group activities?.....	1	2
4. Skills drills?	1	2
5. Physical activity stations?.....	1	2
6. Pledges or contracts for behavior change?.....	1	2
7. Guest speakers?.....	1	2
8. Peer teaching?	1	2
9. Heart rate or physical activity monitors?	1	2
10. The Internet?	1	2
11. Computer-assisted instruction?	1	2

24. Did you video tape any student performances?

Yes..... 1
 No2

25. Did you ask students to...

Yes No

- 1. Perform volunteer work with a local physical activity program or event, for example little league or a fun run?.. 12
- 2. Participate in or attend a community health fair? 12
- 3. Gather information about physical activity programs that are available in the community, for example activities at clubs or parks? 12

26. Did you...

Yes No

- 1. Provide families with information on the class? 12
- b. Give students homework or projects that involve family members?..... 12
- 3. Invite family members to attend the class?..... 12

27. In this class, did you give...

Yes No

- 1. Written tests of students' knowledge related to PE?..... 12
- 2. Skills performance tests related to PE? 12
- 3. Fitness tests? 12

Answer Q28-32 if you gave fitness tests in this class (Q27c is Yes). Otherwise, skip to Q33.

SHOW CARD 8

28. What fitness test batteries did you use in this class?
MARK ALL THAT APPLY.

- Chrysler fund/AAU physical fitness program..... 1
- Fitnessgram 2
- National Youth Physical Fitness Program (U.S. Marines
Youth Foundation) 3
- President's Challenge (President's council on physical
fitness and sports)..... 4
- Youth Fitness Test (YMCA)..... 5
- A state-developed fitness test..... 6
- Other..... 7

29. Did you schedule time during class periods for the students in this class to practice for the fitness tests?

- Yes..... 1
- No 2

30. Did you compare these students' fitness test scores with...

- | | Yes | No |
|---|-----|----|
| 1. National performance standards? | 1 | 2 |
| 2. State performance standards? | 1 | 2 |
| 3. Local performance standards?..... | 1 | 2 |
| 4. The student's prior fitness scores?..... | 1 | 2 |
| 5. The student's goals? | 1 | 2 |

31. Did the students receive an explanation of what their fitness scores meant?

Yes..... 1
No2

32. Did you provide the students' parents or guardians with an explanation of what their child's fitness scores meant?

Yes..... 1
No2

33. Were students required to develop individualized physical activity plans?

Yes..... 1
No.....2 → Skip to Q38.

Answer Q34 if you gave fitness tests in this class (Q27c is Yes). Otherwise, skip to Q35.

34. Did students use their fitness scores to help develop individualized physical activity plans?

Yes..... 1
No2

35. Were you able to give students individual feedback on their physical activity plans?

Yes..... 1
No2

36. Did you give students individual feedback to monitor adherence to their physical activity plans?

Yes..... 1
No2

37. Did you require that their plans include...

Teaching and Evaluation Techniques

- | | Yes | No |
|--|-----|----|
| 1. Physical activity goals?..... | 1 | 2 |
| 2. Fitness goals?..... | 1 | 2 |
| 3. Specific rewards for meeting goals? | 1 | 2 |
| 4. Scheduled times for engaging in physical activity?..... | 1 | 2 |
| 5. A process for assessing progress toward goals?..... | 1 | 2 |
38. Did you require that students keep a log of the physical activities they engaged in outside of the class?
- Yes.....1 → Skip to Q40
No.....2
39. Did you offer extra credit to students for keeping a log of the physical activities they engaged in outside of the class?
- Yes.....1
No.....2

SHOW CARD 9

40. As I read the list of assessment criteria on this card, please tell me if you used them to assess your students in PE. Did you assess students based on...

	Yes	No
1. Their attendance?	1	2
2. Appropriate clothing for physical activities ?.....	1	2
3. Their level of participation?	1	2
4. Their attitude?	1	2
5. Their performance on knowledge tests?	1	2
6. Their final scores on movement skills performance tests? .	1	2
7. Their improvement in movement skills performance test scores?.....	1	2
8. Their participation in physical activity outside of PE?.....	1	2
9. Their demonstration of self management skills, such as goal setting or self assessment?.....	1	2

Answer Q41 if you required students to develop individualized physical activity plans in this class (Q33 is Yes). Otherwise, skip to Q42.

41. Did you assess students based on their individualized physical activity plans?

Yes.....	1	
No	2	

Answer Q42 if you gave fitness tests in this class (Q27c is Yes). Otherwise, skip to Q43.

42. Did you assess students based on...

	Yes	No
1. A comparison of fitness test scores to national, state, or local norms?.....	1	2
2. Their improvement in fitness test scores?	1	2

Teaching and Evaluation Techniques

My next questions ask about teaching students with permanent physical or cognitive disabilities. Examples of such disabilities include blindness, Down's Syndrome, learning disabilities, and conditions that require permanent use of a wheelchair.

43. Were there any students with permanent physical or cognitive disabilities in the class?

Yes.....1
No.....2 → Skip to Q46

44. Was there...

	Yes	No
1. A special education teacher with whom you coordinated activities for students with permanent disabilities?.....	1	2
2. A physical or occupational therapist who came in to assist students with permanent disabilities?.....	1	2
3. A teacher or aide who came in to assist students with permanent disabilities?	1	2

45. In teaching these students, did you use...

	Yes	No
1. Simplified instructional content or variations in the amount or difficulty of material taught?.....	1	2
2. More skill modeling, practicing, or repetition?	1	2
3. Modified equipment or facilities?	1	2
4. Modified physical skills tests?	1	2

Respondent Background

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

46. 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

47. Do you coach an interscholastic sport?

Yes..... 1

No..... 2

48. Do you have an undergraduate degree?

Yes..... 1

No..... 2

→ Skip to Q54

49. What did you major in?
MARK ALL THAT APPLY.

Physical education and health education combined 1

Physical education 2

Health education..... 3

Other education 4

Kinesiology 5

Exercise physiology 6

Exercise science..... 7

Other..... 8

50. Do you have an undergraduate minor?

Yes..... 1

No..... 2

→ Skip to Q52

51. What did you minor in?

MARK ALL THAT APPLY.

- Physical education and health education combined 1
- Physical education 2
- Health education..... 3
- Other education 4
- Kinesiology 5
- Exercise physiology 6
- Exercise science..... 7
- Other..... 8

52. Do you have a graduate degree?

- Yes..... 1
- No..... 2 → Skip to Q54

53. In what area or areas?

MARK ALL THAT APPLY.

- Physical education and health education combined 1
- Physical education 2
- Health education..... 3
- Other education 4
- Kinesiology 5
- Exercise physiology 6
- Exercise science..... 7
- Other..... 8

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

- | | Yes | No |
|---|---------|---------|
| 1. Elementary school?..... 1 | 1 | 2 |
| 2. Middle or junior high school?..... 1 | 1 | 2 |
| 3. Senior high school?..... 1 | 1 | 2 |

SHOW CARD 10

Respondent Background

55. As I read the list of topics on this card, please tell me if you received any staff development on each one during the past 2 years. This might include workshops, conferences, continuing education, graduate courses, or any other kind of in-service. During the past 2 years, did you receive any staff development on...

	Yes	No
1. Methods to increase the amount of class time students are physically active?.....	1	2
2. Methods to promote gender equity in physical education and sports?.....	1	2
3. Using technology such as computers, video cameras, or heart rate monitors for physical education?.....	1	2
4. Encouraging family involvement in physical activity?.....	1	2
5. Administering or using fitness tests?.....	1	2
6. Helping students develop individualized physical activity plans?.....	1	2
7. Injury prevention and first aid?.....	1	2
8. Teaching physical education to students with permanent physical or cognitive disabilities?.....	1	2
9. Teaching individual or paired activities or sports?	1	2
10. Teaching team or group activities or sports?	1	2
11. Teaching movement skills and concepts?.....	1	2
12. Assessing or evaluating student performance in physical education?	1	2
13. Developing and using student portfolios for physical education?	1	2

56. Which of these topics would you like to receive further staff development on?
MARK ALL THAT APPLY.

- Methods to increase the amount of class time students
are physically active 1
- Methods to promote gender equity in physical education
and sports 2
- Using technology such as computers, video cameras, or
heart rate monitors for physical education 3
- Encouraging family involvement in physical activity 4
- Administering or using fitness tests 5
- Helping students develop individualized physical
activity plans 6
- Injury prevention and first aid 7
- Teaching physical education to students with permanent
physical or cognitive disabilities 8
- Teaching individual or paired activities or sports 9
- Teaching team or group activities or sports 10
- Teaching movement skills and concepts 11
- Assessing or evaluating student performance in physical
education 12
- Developing and using student portfolios for physical
education 13
- None 14

57. 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.