

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

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**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.....5–31

### MODULE 3

Middle School Instruction.....32–54

### MODULE 4

High School Instruction.....55–77

### MODULE 5

Students with Disabilities.....78

Use of Protective Gear.....79

Physical Activity and Discipline.....80–87

Staffing and Professional Development.....88–90

Collaboration.....91–92

Promotion.....93–94

Evaluation.....95–96

Interscholastic Sports.....97–103

Physical Education Coordinator.....104–112

## 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. 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. 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 purpose of this questionnaire please consider it the same as a district-wide requirement.
4. 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.
5. Please do not consider school practices or policies when answering the questions. This information is gathered during data collection from schools across the country.
6. Please do not include policies that are solely related to instruction on physical activity topics provided within health education curricula.
7. Unless the question specifically asks about regularly scheduled recess periods, do not include recess periods when answering questions about physical education.
8. 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 your district’s physical education standards. 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

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

Yes.....1

No.....2

IF Q1 AND Q2 ARE “NO,” SKIP TO THE INTRODUCTION TO Q5.

4. Has your district adopted a policy requiring schools to assess student achievement of your district’s physical education standards?

Yes.....1

No.....2

## Elementary School Instruction

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The next questions ask about elementary school instruction.

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

Yes.....1

No.....2 →SKIP TO Q7

6. Do your district's standards 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?.....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 may 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

9. Has your district adopted a policy requiring that elementary school students will be engaged in moderate to vigorous physical activity for at least 50% of physical education class time?

Yes.....1

No.....2

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

Yes.....1

No.....2 →SKIP TO Q12

11. 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?.....  
.....2

c.....Cognitive disability?1    2

d.....Achievement of positive, passing, or high physical competency test scores?.....1.....2

e.....Achievement of positive, passing, or high physical fitness test scores?.....1.....2

f.....Participation in school activities other than sports, such as band or chorus?.....1.....2

g.....Participation in community sports activities?.....1.....2

h.....Participation in community service activities? 1.....2

i.....Standardized test preparation for other subjects? 1.....2

12. Has your district adopted a policy prohibiting exemptions from physical education requirements for elementary school students?

Yes.....1

No.....2

The next questions ask about the framework or course of study used by elementary schools for physical education. A framework or course of study provides information on how each standard can be addressed at all grade levels and provides guidance on content, instruction, and assessment.

13. Does your district require or recommend that schools use an approved framework, course of study, or scope and sequence for elementary school physical education?

- Require.....1
- Recommend.....2
- Neither.....3 →SKIP TO THE INTRODUCTION TO Q15

14. How often is your framework or course of study reviewed or revised?

- Every year.....1
- Every 2 to 3 years.....2
- Every 4 to 5 years.....3
- More than every 5 years.....4
- As needed.....5
- Other time frame.....6
- Never.....7

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.

15. 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 INTRODUCTION TO Q17

16. Who developed that curriculum?  
 MARK ALL THAT APPLY
- State education agency.....1
  - Other state agency.....2
  - School district.....3
  - Commercial company.....4
  - Academic institution.....5
  - National or state-level health organization,  
 such as the American Heart Association  
 or the American Cancer Society.....6
  - Other.....7

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

17. During the past two years, has your district provided...
- |   | <b>Yes</b> | <b>No</b> |
|---|------------|-----------|
| a. Physical education standards for elementary school?.....1.....2  |            |           |
| b.....A list of one or more recommended elementary school<br>physical education curricula?.....1.....2            |            |           |
| c.....Lesson plans or learning activities for elementary school<br>physical education?.....1.....2                |            |           |
| d.....Plans or tools for assessing or evaluating students<br>in elementary school physical education?.....1.....2 |            |           |
18. Has your district ever used a self-assessment tool such as the Physical Education Curriculum Analysis Tool (PECAT) to assess a physical education curriculum for elementary schools?
- Yes.....1
  - No.....2



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

19a. 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

19b. Does your district require or recommend that elementary schools give skill performance tests related to physical education?

Require.....1

Recommend.....2

Neither.....3

20. 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 Q24

The next questions ask about specific fitness tests.

20. Does your district require or recommend that elementary schools use...

	<b>Require</b>	<b>Recommend</b>	<b>Neither</b>
a.....Fitnessgram?.....1.....2 3			
b.....The Physical Fitness Test, from the President’s Challenge?.....1.....2.....3			
c.....Any other fitness test? (Specify)..... 2.....3			

21. Does your district require elementary schools to submit students’ fitness test results to the 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

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 Q29
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 questions ask about excluding students from recess as punishment for bad behavior.

28. Has your district adopted a policy that prohibits elementary schools from excluding students from all or part of recess as punishment for bad behavior or failure to complete class work?
- Yes.....1 →SKIP TO THE  
INTRODUCTION TO Q32  
No.....2

29. Does your district 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

## Middle School Instruction

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The next questions ask about middle school instruction.

30. Does your district have standards for middle school physical education?

Yes.....1

No.....2 →SKIP TO Q34

31. Do your district's standards 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?.....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

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

Yes.....1

No.....2 →SKIP TO THE INTRODUCTION TO Q40

33. Districts use many ways to describe how much physical education students are required to receive while in middle school. For example, districts may 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

34. Has your district adopted a policy requiring that middle school students will be engaged in moderate to vigorous physical activity for at least 50% of physical education class time?

Yes.....1

No.....2

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

Yes.....1

No.....2 →SKIP TO Q39

36. 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?.....  
.....2

c.....Cognitive disability?1 2

d.....Achievement of positive, passing, or high physical competency test score?.....1.....2

e.....Achievement of positive, passing, or high physical fitness test scores?.....1.....2

f.....Participation in school activities other than sports, such as band or chorus?.....1.....2

g.....Participation in community sports activities?.....1.....2

h.....Participation in community service activities? 1.....2

i.....Standardized test preparation for other subjects? 1.....2

j.....Enrollment in other courses, such as math or science? 1.....2

k.....Participation in school sports?.....  
.....2

l.....Participation in vocational training?.....  
.....2

37. Has your district adopted a policy prohibiting exemptions from physical education requirements for middle school students?

Yes.....1

No.....2



The next questions ask about the framework or course of study used by middle schools for physical education. A framework or course of study provides information on how each standard can be addressed at all grade levels and provides guidance on content, instructions, and assessment.

38. Does your district require or recommend that schools use an approved framework, course of study, or scope and sequence for middle school physical education?

- Require.....1
- Recommend.....2
- Neither.....3 →SKIP TO THE INTRODUCTION TO Q42

39. How often is your framework or course of study reviewed or revised?

- Every year.....1
- Every 2 to 3 years.....2
- Every 4 to 5 years.....3
- More than every 5 years.....4
- As needed.....5
- Other time frame.....6
- Never.....7

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.

40. 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 INTRODUCTION TO Q44

41. Who developed that curriculum?  
 MARK ALL THAT APPLY
- State education agency.....1
  - Other state agency.....2
  - School district.....3
  - Commercial company.....4
  - Academic institution.....5
  - National or state-level health organization,  
 such as the American Heart Association  
 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.

42. During the past two years, has your district provided...
- |   | <b>Yes</b> | <b>No</b> |
|---|------------|-----------|
| a. Physical education standards for middle school?.....1.....2  |            |           |
| b.....A list of one or more recommended middle school<br>physical education curricula?.....1.....2            |            |           |
| c.....Lesson plans or learning activities for middle school<br>physical education?.....1.....2                |            |           |
| d.....Plans or tools for assessing or evaluating students<br>in middle school physical education?.....1.....2 |            |           |
43. Has your district ever used a self-assessment tool such as the Physical Education Curriculum Analysis Tool (PECAT) to assess a physical education curriculum for middle schools?
- Yes.....1
  - No.....2

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

46a. 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

46b. Does your district require or recommend that middle schools give skill performance tests related to physical education?

Require.....1

Recommend.....2

Neither.....3

47. 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

44. Does your district require or recommend that middle schools test students' fitness levels?

Require.....1

Recommend.....2

Neither.....3

→SKIP TO THE  
INTRODUCTION TO Q51

The next questions ask about specific fitness tests.

45. Does your district require or recommend that middle schools use...

	<b>Require</b>	<b>Recommend</b>	<b>Neither</b>
a. Fitnessgram?.....	1.....	2.....	3.....
b.....The Physical Fitness Test, from the President’s Challenge?.....	1.....	2.....	3.....
c.....Any other fitness test? (Specify).....			
2.....	3.....		

46. Does your district require middle schools to submit students’ fitness test results to the district?

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

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

47. Has your district adopted a policy specifying a maximum student-to-teacher ratio for physical education in middle school?

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

48. 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.....	1
No.....	2

49. 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.....	1
No.....	2

State does not offer certification, licensure,  
or endorsement to teach physical education  
at the middle school level.....3

The next question asks about middle school physical activity breaks.

50. 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

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The next questions ask about high school instruction.

51. Does your district have standards for high school physical education?

Yes.....1

No.....2 →SKIP TO Q57

52. Do your district's standards 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?.....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

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

Yes.....1

No.....2 →SKIP TO Q63

54. Districts use many ways to describe how much physical education students are required to receive while in high school. For example, districts may 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

55. Has your district adopted a policy requiring that high school students will be engaged in moderate to vigorous physical activity for at least 50% of physical education class time?

Yes.....1

No.....2



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

Yes.....1

No.....2 →SKIP TO Q62

57. 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?.....2

c.....Cognitive disability?1 2

d.....Achievement of positive, passing, or high physical competency test score?.....1.....2

e.....Achievement of positive, passing, or high physical fitness test scores?.....1.....2

f.....Participation in school activities other than sports, such as band or chorus?.....1.....2

g.....Participation in community sports activities?.....1.....2

h.....Participation in community service activities?1.....2

i.....Standardized test preparation for other subjects?1.....2

j.....Enrollment in other courses, such as math or science?1.....2

k.....Participation in school sports?.....2

l.....Participation in vocational training?.....2

58. Has your district adopted a policy prohibiting exemptions from physical education requirements for high school students?

Yes.....1

No.....2

The next questions ask about the framework or course of study used by high schools for physical education. A framework or course of study provides information on how each standard can be addressed at all grade levels and provides guidance on content, instructions, and assessment.

59. Does your district require or recommend that schools use an approved framework, course of study, or scope and sequence for high school physical education?

- Require.....1
- Recommend.....2
- Neither.....3 →SKIP TO THE INTRODUCTION TO Q65

60. How often is your framework or course of study reviewed or revised?

- Every year.....1
- Every 2 to 3 years.....2
- Every 4 to 5 years.....3
- More than every 5 years.....4
- As needed.....5
- Other time frame.....6
- Never.....7

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.

61. 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 Q67

62. Who developed that curriculum?  
 MARK ALL THAT APPLY

- State education agency.....1
- Other state agency.....2
- School district.....3
- Commercial company.....4
- Academic institution.....5
- National or state-level health organization,  
 such as the American Heart Association  
 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.

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

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

64. Has your district ever used a self-assessment tool such as the Physical Education Curriculum Analysis Tool (PECAT) to assess a physical education curriculum for high schools?

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

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

69a. 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

69b. Does your district require or recommend that high schools give skill performance tests related to physical education?

Require.....1

Recommend.....2

Neither.....3

70. 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

65. Does your district require or recommend that high schools test students' fitness levels?

Require.....1

Recommend.....2

Neither.....3

→SKIP TO THE  
INTRODUCTION TO Q74

The next questions ask about specific fitness tests.

66. Does your district require or recommend that high schools use...

	<b>Require</b>	<b>Recommend</b>	<b>Neither</b>
a. Fitnessgram?.....	1.....	2.....	3
b.....The Physical Fitness Test, from the President’s Challenge?.....	1.....	2.....	3
c.....Any other fitness test? (Specify).....			
2.....			3

67. Does your district require high schools to submit students’ fitness test results to the district?

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

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

68. Has your district adopted a policy specifying a maximum student-to-teacher ratio for physical education in high school?

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 have undergraduate or graduate training in physical education or a related field?

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

70. 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

The next question asks about high school physical activity breaks.

71. 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

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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.

72. 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...

	<b>Yes</b>	<b>No</b>
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, or IEPs?.....	1.....	2
f.....Using modified assessment?.....	1.....	2

## Use of Protective Gear

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

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

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



## Physical Activity and Discipline

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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.

74. Has your district adopted a policy that prohibits schools from using physical activity, for example laps or push-ups, to punish students for bad behavior in physical education?

Yes.....1 →SKIP TO Q82

No.....2

75. Does your district actively discourage schools from using physical activity to punish students for bad behavior in physical education?

Yes.....1

No.....2

76. Has your district adopted a policy that prohibits schools from using physical activity to punish students for poor performance or bad behavior in interscholastic sports?

Yes.....1 →SKIP TO Q84

No.....2

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

Yes.....1

No.....2

78. Has your district adopted a policy that prohibits schools from excluding students from all or part of physical education as punishment for bad behavior or failure to complete classwork in another class?

Yes.....1 →SKIP TO Q86

No.....2

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

Yes.....1

No.....2

80. Has your district adopted a policy prohibiting physical education teachers from excluding students from all or part of physical education as a punishment for bad behavior in physical education class?

Yes.....1

No.....2

→SKIP TO THE  
INTRODUCTION TO Q88

81. Has your district adopted a policy that actively discourages physical education teachers from excluding students from all or part of physical education as punishment for bad behavior in physical education class?

Yes.....1

No.....2

## Staffing and Professional Development

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

82. 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

83. 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.

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

**Yes**      **No**

- 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?.....2
- g.....Helping students develop individualized physical activity plans?.....1.....2

## Staffing and Professional Development

- h.....Injury prevention and first aid?.....  
.....2
- i.....How to prevent, recognize, and respond to concussions  
among students?.....1.....2

### Q90 (continued)

- |   | Yes    | No |
|---|--------|----|
| j.....Teaching physical education to students with long-term<br>physical, medical, or cognitive disabilities?.....  | 1..... | 2  |
| k.....Teaching individual or paired activities or sports?<br>1.....   | 1..... | 2  |
| l.....Teaching team or group activities or sports?<br>.....   | 1..... | 2  |
| m.....Teaching movement skills and concepts?.....<br>.....  | 1..... | 2  |
| n.....Assessing or evaluating student performance<br>in physical education?.....  | 1..... | 2  |
| o.....Developing and using student portfolios<br>for physical education?.....   | 1..... | 2  |
| p.....Teaching methods to promote inclusion and active<br>participation of overweight children<br>during physical education?.....                         | 1..... | 2  |
| q.....Chronic health conditions, for example asthma<br>or diabetes, including recognizing and responding<br>to severe symptoms or reducing triggers?..... | 1..... | 2  |
| r.....Methods for developing, implementing, and evaluating<br>intramural or physical activity clubs?.....   | 1..... | 2  |
| s.....Developing, implementing, and evaluating comprehensive<br>school physical activity programs?.....   | 1..... | 2  |
| t.....Establishing walking or biking to school programs?<br>1.....  | 1..... | 2  |
| u.....Assessing student weight status using body mass index<br>(BMI), skinfolds, or bioelectric impedance?.....   | 1..... | 2  |
| v.....Physical education standards?.....<br>.....   | 1..... | 2  |
| w.....Teaching online or distance education courses?<br>1.....  | 1..... | 2  |

## Staffing and Professional Development

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- x.....Transforming traditional face-to-face courses into an online format?.....1.....2
- y.....Using the Physical Education Curriculum Analysis Tool (PECAT) to help assess physical education curricula?.....1.....2
- z.....Using data to plan or evaluate physical education policies or practices?.....1.....2

## Collaboration

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

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

	Yes	No	<b>District does not have staff in this area</b>
a. Health education staff?.....	1.....	2.....	3
b.....Health services staff?....	1.....	2.....	3
c.....Mental health or social services staff?.....	2.....	3	
d.....Nutrition or food service staff?.....	2.....	3	
e.....General curriculum coordinators or supervisors?.....	1.....	2.....	3

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

	Yes	No
a. A local health department?.....	1.....	2
b.....A local hospital?..	1	2
c.....A local mental health or social services agency? 1.....	2	
d.....A health organization, such as the American Heart Association or the American Cancer Society?.....	1.....	2
e.....A local college or university?.....	2	
f.....A local business?..	1	2
g.....A local parks or recreation department?.....	2	
h.....A local youth organization, such as the Boys and Girls Clubs?.....	1.....	2
i.....Alliance for a Healthier Generation?.....	2	
j.....A local service club, such as the Rotary Club? 1.....	2	

k.....A local health or fitness club?.....  
.....2

l.....A local professional sports team?.....  
.....2

m.....A local department of transportation or public works?  
1.....2

n.....A local law enforcement agency?.....  
.....2

## Promotion

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The next question asks about physical education promotion that might occur in your district.

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

	<b>Yes</b>	<b>No</b>
a. Provided families of all students with information on school physical education?.....	1.....	2
b.....Provided district or school personnel—for example, classroom teachers, administrators, or school board members—with information on school physical education?.....	1.....	2
c.....Sought positive media attention for physical education?.....	1.....	2

The next question asks about physical activity promotion that might occur in your district.

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

	<b>Yes</b>	<b>No</b>
a. Provided families of all students with information on physical activity?.....	1.....	2
b.....Offered district-wide physical activity or sports events, such as fun runs, to families of all students?.....	1.....	2
c.....Provided awards or recognition for outstanding physical activity programs, such as intramural or interscholastic sports programs?.....	1.....	2



## 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.

89. 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 curricula	1.....	2	3
c.....Physical education professional development or in-service programs.....	1.....	2.....	3
d.....Physical education teachers	1.....	2	3

90. Does your district require schools to report each of the following types of information about implementation of the local wellness policy?

	Yes	No
a. Number of minutes of physical education required in each grade.....	1.....	2
b.....Number of minutes of physical activity provided outside of physical education (e.g., classroom physical activity breaks, free time physical activity, or recess).....	1.....	2
c.....Number of minutes of elementary school recess	1.....	2
d.....Number of minutes of physical activity breaks	1.....	2
e.....The integration of physical activity into other academic or classroom subjects.....	1.....	2

## Interscholastic Sports

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The next questions ask about interscholastic sports in your district.

91. 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 sports they will be coaching?.....                 | 1..... | 2  |
| c.....Have a teaching certificate?.....   | .....  | 2  |
| d.....Complete a coaches' training course?.....   | .....  | 2  |
| e.....Be certified in first aid?.....   | .....  | 2  |
| f.....Be certified in cardiopulmonary resuscitation (CPR)?  | 1..... | 2  |
| g.....Have training on how to prevent, recognize, and respond to concussions among students?..... | 1..... | 2  |
| h.....Be employed by the school or school district?   | 1..... | 2  |

92. 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

93. 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

94. 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

95. 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

96. Has your district adopted a policy requiring schools to conduct neurocognitive testing before participation in interscholastic sports?

Yes.....1

No.....2

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

**Yes                  No**

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

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

## Physical Education Coordinator

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98. 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.

99. 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.

100. Do you have an undergraduate degree?

Yes.....1

No.....2

→ SKIP TO Q112

101. 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

102. Did you have an undergraduate minor?

Yes.....1

No.....2

→ SKIP TO Q110

103. 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

104. Do have a graduate degree?

- Yes.....1
- No.....2 →SKIP TO Q112

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

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

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

	Yes	No	<b>State does not offer certification, licensure, or endorsement to teach physical education at this level</b>
a. Elementary school level?.....1.....2.....3			
b.....Middle school level?.....1.....2 3			
c.....High school level?.....1.....2 3			

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.