

## Administrator Survey: PYFP Schools

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## SCHOOL ADMINISTRATOR SURVEY: PYFP SCHOOLS PRESIDENTIAL YOUTH FITNESS PROGRAM EVALUATION

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### Introduction

As our email to you stated, ICF International is conducting an evaluation of the Presidential Youth Fitness Program (PYFP). The goal of this survey is to gain your perspectives, experiences, and insights on the Presidential Youth Fitness Program and its implementation in your school, including what has worked well, what have been challenges, and what recommendations you would give to improve the Presidential Youth Fitness Program. This survey should not take more than 20 minutes, and you can refuse to answer a question or end your participation at any time. We will maintain confidentiality throughout the entire project and your name will not be associated with anything you say in any of the reports or documents resulting from this evaluation.

Please click the submit button at the end of the survey when you are done (**if completing online**).

### I. Physical Education Classes

*The first group of questions will be about physical education classes at your school.*

1. Is a required physical education course taught in each of the following grades in your school?
  - a. 6<sup>th</sup> grade: Yes/ No
  - b. 7<sup>th</sup> grade: Yes/ No
  
2. How many weeks during the school year are 6<sup>th</sup> grade students scheduled to take physical education?  
\_\_\_\_\_ **weeks**
  - a. On average, how many days per week are 6<sup>th</sup> students scheduled to take physical education?  
\_\_\_ days
  - b. On average, how many minutes is each session of physical education scheduled to last?  
\_\_\_ minutes
  
3. How many physical education (PE) teachers do you have working at your school? \_\_\_\_\_
  - a. Are all PE teachers full-time? Yes/ No

### II. Physical Activity Environment

For the next series of questions, I will ask about the school environment broadly and environmental supports for physical activity.

#### Physical Activity Opportunities

4. Do 6<sup>th</sup> grade students have the opportunity to participate in recess or other physical activity breaks outside of the classroom on a daily basis?  
Yes/No
  
5. Outside of physical education, do 6<sup>th</sup> grade students participate in physical activity breaks in classrooms during the school day?  
Yes/No

6. Does your school offer:
- Opportunities for all students to participate in intramural sports programs or physical activity clubs?  
Yes / No
  - Interscholastic sports to students?  
Yes / No
  - Opportunities for students to participate in physical activity before the school day through organized physical activity or access to facilities or equipment for physical activity?  
Yes / No

### Physical Activity and Physical Education Policies & Practices

7. Does your school or school district or state have a policy that states specific time requirements for students to participate in physical activity during the school day?
- Yes- state
  - Yes- district
  - Yes- both state and district
  - No
- (If yes) What are the requirements?
8. Does your school, either directly or through the school district, have a joint use agreement for shared use of school or community physical activity or sports facilities?
- Yes- state
  - Yes- district
  - Yes- both state and district
  - No
- (If yes) What are the requirements?
9. Does your school, school district, or state require physical education teachers to assess student fitness levels annually (e.g., FitnessGram<sup>®</sup> assessment)?
- Yes- state
  - Yes- district
  - Yes- both state and district
  - No
- (If yes) What are the requirements?
- 9.1 Is this requirement only for certain grade levels? Please indicate the grade levels for which fitness assessments are required. (open text box)
- 9.2 (If yes) How often are physical education teachers required to conduct fitness assessments?
- At the beginning of the PE course
  - At both the beginning and end of the PE course
  - At the end of the PE course (e.g., end of 9 weeks or end of semester)
  - Whenever it is convenient
  - Other

### Environmental Supports for PA and PE/ Overall Culture of Health

10. To what extent has the Presidential Youth Fitness Program had a positive effect on your school's climate (i.e., physical education was valued, physical education was considered to be equal to other academic subjects; there is an increased focus on health across the curriculum)  
1 (no positive effect) to 5 (extreme positive effect)
- 10.1 (If a value greater than 0 is selected for question 10 above) Can you comment about how PYFP has made an impact on the school climate? Are there specific examples? (*open response*)
11. Please rate the extent to which the social environment in your school supports student physical activity.  
1 (not at all supportive) to 5 (strongly supportive)
12. Please rate the extent to which your school wellness committee or PTA/PTO supports physical education and efforts to promote physical activity in your school.  
1 (not at all supportive) to 5 (strongly supportive)
13. Please rate the extent to which you support student physical activity:  
1 (not at all supportive) to 5 (strongly supportive)

### III. PYFP Implementation

14. Have there been any barriers or challenges your school/district encountered in implementing the Presidential Youth Fitness Program? (*open response*)
- If yes, what barriers or challenges did your school/district encounter? (*open response*)
  - How were you able to overcome that challenge? (*open response*)
15. Have you noticed a change in student behavior since implementing the Presidential Youth Fitness Program (i.e., more students being physically active or better classroom behavior)?  
Yes/ No
- If yes, what changes have you observed? (*open response*)
16. Please rate the degree to which you agree or disagree with the following statements:
- The Presidential Youth Fitness Program has provided added value to our school's physical education and physical activity programs:  
strongly agree / agree/ neither agree nor disagree/ disagree/ strongly disagree
  - The Presidential Youth Fitness Program has provided added value to our students by improving the quality of physical education.  
strongly agree / agree/ neither agree nor disagree/ disagree/ strongly disagree

### IV. Resources

#### Resources related to PYFP, PE, FE and PA Opportunities

17. Has the introduction of the Presidential Youth Fitness Program had any effect on resources like funding or equipment?  
Yes/ No
- If yes, can you talk more about the impact? Can you provide any examples? (*open response*)
18. Has the introduction of the Presidential Youth Fitness Program had any effect on staffing for physical education?

a. If yes, can you talk more about the impact? Can you provide any examples? (*open response*)

19. What resources would be required to continue the Presidential Youth Fitness Program after the end of the funding period? (*open response*)

## V. Communication

20. During this school year (or last school year) did your school provide parents and families with information related to:

a. Physical activity

Yes/ No/ Do not know

b. Reducing sedentary time

Yes/ No/ Do not know

21. [If yes question above] Was the physical education teacher/were the physical education teachers at your school involved in drafting the communications that went home to parents?

a. Yes/ No/ Do not know

22. Did physical education teachers share student fitness/FitnessGram<sup>®</sup> scores with you?

a. Yes/ No

23. Did your school hold any ceremonies or give awards to students who achieved fitness goals?

Yes/ No

a. What was the reaction of students and parents? (*open response*)

## VI. Demographics

24. What is your highest level of education?

a. Bachelor's degree (includes bachelors plus credit hours)

b. Master's level degree (includes masters plus credit hours)

c. Post-graduate degree (PhD, EdD, etc.)

25. How many years have you been working at the current school? \_\_\_\_\_

26. How many years of experience do you have as a school administrator?

a. <1 year

b. 1-5 years

c. 6-10 years

d. >10 years

27. Which of these best describes your race?

a. American Indian or Alaska Native

b. Asian

c. Black or African American

d. Native Hawaiian or Other Pacific Islander

e. White

f. Other

28. Are you Hispanic or Latino?

a. Yes

b. No

Those are all of the questions we have for you today. Thank you very much for taking the time to participate in this survey. Your responses will contribute greatly to the evaluation of the Presidential Youth Fitness Program and the ability to improve upon it in the future. If you have any questions or concerns, or would like to add something that you think of later and believe is important, please feel free to contact us. You can find contact information for the project director on your copy of the informed consent form. Have a wonderful day!