

PE Teacher Survey: Non-PYFP Schools

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PHYSICAL EDUCATION TEACHER SURVEY: NON-PYFP SCHOOLS PRESIDENTIAL YOUTH FITNESS PROGRAM EVALUATION

Introduction

ICF International is conducting an evaluation of the Presidential Youth Fitness Program (PYFP). We have designed the evaluation to conduct data collection in the Presidential Youth Fitness Program schools and matched comparison schools. As a comparison school, we are interested in learning about the physical education program at your school as well as physical activity opportunities made available to students during the school day. The goal of this survey is to gain your perspectives, experiences, and insights on these topics. Participation in this survey is voluntary and your responses will be kept confidential. The survey should not take more than 25 minutes of your time

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

Please return the survey in the self-addressed stamped envelope (*if completing on paper*).

Please think about the [SCHOOL NAME] when answering each question.

I. Physical Education Classes

1. What is the average length of a 6th grade physical education class? _____ minutes
2. How many times per week do 6th graders take physical education?
 - a. 1 time per week
 - b. 2 times per week
 - c. 3 times per week
 - d. 4 times per week
 - e. 5 times per week
3. How long do 6th graders take physical education?
 - a. For the whole school year
 - b. For a semester
 - c. Other _____
4. On average, how much time per week did you spend preparing physical education lessons this semester?
_____ hrs _____ minutes
5. What % of time did you allocate for students to be physically active during physical education class this semester?
 - a. 0-24%
 - b. 25-49%
 - c. 50-74%
 - d. 75-100%

Fitness education has been defined by the Society of Health And Physical Educators® (SHAPE) America to be a subcomponent of the total physical education program, focusing on helping students acquire knowledge and higher-order understanding of health-related physical fitness (the product), as well as

habits of physical activity and other healthy lifestyles (the process) that lead to good health-related physical fitness, health and wellness.¹

6. What % of physical education time did you allocate for fitness education this semester?
 - a. 0-24%
 - b. 25-49%
 - c. 50-74%
 - d. 75-100%

II. Physical Activity Environment

Physical Activity Opportunities

7. Does your school provide students with opportunities to be physically active before or after school?
Yes/No
8. Does your school provide students with opportunities to participate in intramural sports programs?
Yes/No
9. Does your school provide students with physical activity breaks during the school day?
Yes/No
10. Does your school provide students with other opportunities to be physically active beyond those listed above?
Yes/No
If yes, please specify: _____

Physical Activity and Physical Education (PE) Policies & Practices

11. 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? (check all that apply)
 - a. Yes-state
 - b. Yes-district
 - c. Yes-school
 - d. No

[If yes] What are the requirements? (open response - text boxes [state and district])
12. Does your school or school district or state have a policy that states specific time requirements for students to spend in physical activity during physical education class? (check all that apply)
 - a. Yes-state
 - b. Yes-district
 - c. Yes- school
 - d. No

[If yes] What are the requirements? (open response - text boxes [state and district])
13. Are you required to assess student fitness levels at least annually as part of the traditional physical education course? (e.g., FitnessGram® assessment or similar)? (check all that apply)
 - a. Yes-state requirement

¹ Instructional Framework for Fitness Education in Physical Education.

<http://www.shapeamerica.org/standards/guidelines/upload/Instructional-Framework-for-Fitness-Education-in-PE-2012-2.pdf>

- b. Yes-district requirement
- c. Yes-school requirement
- d. No

[If yes] What grades are required to complete assessments?

Environmental Supports for Physical Activity and PE/ Overall Culture of Health

14. What financial supports are present for physical education and physical activity at your school?
 (Check all that apply)

- a. Physical education grants
- b. Financial support from PTA/PTO
- c. Physical activity program funds (e.g., Fuel-up to Play 60, PEP grants)
- d. Community grants
- e. Other (please specify) _____

15. Please rate the degree to which each of the following were fully in place, partially in place, under development or not in place this semester:

	Fully in place	Partially in place	Under development	Not in place
a. Adequate facilities and equipment for PE.				
b. Adequate facilities and equipment for classroom teachers to offer physical activity.				
c. PE teachers deliver standards-based PE curricula and lessons.				
d. PE teachers regularly administer knowledge quizzes or tests.				
e. PE teachers assign students written homework.				
f. PE teachers encourage students to participate in physical activity outside of PE.				
g. PE teachers conduct fitness assessments				
h. PE teachers measure and track student physical activity.				
i. PE teachers help students set physical activity and fitness goals.				
j. PE teachers help students assess student nutrition.				

16. Does your school promote the benefits of getting the recommended amount (60 minutes) of daily physical activity to students through signs or materials posted throughout the school (e.g., in hallways, stairwell, cafeteria, gymnasium, classrooms, etc.)?

Yes/ No

17. Please rate the extent to which your school wellness committee and/or your school PTA/PTO supports physical education and efforts to promote physical activity in your school.
 1 (not at all supportive) to 5 (strongly supportive)

18. Please rate the extent to which the principal at your school supports student physical activity.
 1 (not at all supportive) to 5 (strongly supportive)

III. Fitness Assessments & Fitness Education

For the next series of questions please think about your physical education teaching practices this semester.

19. Thinking about the current semester, did you:

	Conducted this semester?
a. Compare students' fitness assessment scores with National, state or local criterion referenced standards? (meaning, students' fitness assessment scores that are considered to be consistent with good health for their age and gender)	Yes/ No
b. Compare students' fitness assessment scores with National, state, or local normative standards? (meaning, students' fitness assessment scores of students relative to the performance of children in a reference group. The reference group may be one from national, state, or local samples, including those of other students in the class)	Yes/ No
c. Compare students' fitness assessment scores with the students' prior fitness assessment scores?	Yes/ No
d. Compare students' fitness assessment scores with the students' fitness goals?	Yes/ No
e. Provide students with an explanation of what their fitness assessment scores meant?	Yes/ No
f. Share the students' fitness scores with students' parents or guardians?	Yes/ No
g. Share the students' fitness scores with principal or other school administrator?	Yes/ No
h. Require students to develop individualized physical activity plans?	Yes/ No
i. Have students use fitness assessment scores to help develop individualized physical activity plans?	Yes/ No
j. Require students to develop individualized physical activity plans	Yes/ No

20. Thinking about the current semester, did you:

a. Require 6 th grade students to use their fitness assessment scores to help develop individualized physical activity plans	Yes/ No/ Did not conduct fitness assessments this semester
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b. Require students to include physical activity goals in their individualized physical activity plans	Yes/ No/ Did not conduct fitness assessments this semester
c. Require students to include fitness goals in their individualized physical activity plans	Yes/ No/ Did not conduct fitness assessments this semester
d. Require students include scheduled time for engaging in physical activity in their physical activity plans	Yes/ No/ Did not conduct fitness assessments this semester
e. Require students include a process for assessing progress toward goals such as self-monitoring or self-management	Yes/ No/ Did not conduct fitness assessments this semester
f. Require students identify barriers to physical activity and strategies to overcome in their physical activity plans	Yes/ No/ Did not conduct fitness assessments this semester
g. Provide 6 th grade students with individual feedback on their physical activity plans?	Yes/ No/ Did not conduct fitness assessments this semester
h. Provide 6 th grade students with instruction on how to monitor adherence to their physical activity plans?	Yes/ No/ Did not conduct fitness assessments this semester
i. Require students keep a log of physical activities they engaged in outside of PE class?	Yes/ No/ Did not conduct fitness assessments this semester

21. Thinking about the current physical education semester, did you give 6th graders:

(Check all that apply)

- a. Written tests of student knowledge related to PE
- b. Skill performance tests related to PE
- c. Assignments for out of school time physical activity
- d. Assignments for student to assess/track their own physical activity

IV. Communication

22. During the current semester, did you provide parents and families with health information designed to increase parent knowledge of each of the following topics?

- a. Physical activity (Yes/ No)
- b. Reducing sedentary time (Yes/ No)

V. Student Recognition

For the next series of questions please think about your physical education teaching practices this semester.

23. Thinking about the current semester, rate the degree to which each of the following are **fully in place, partially in place, under development or not in place**:

	Fully in place	Partially in place	Under development	Not in place
a. PE teachers use awards to				

incentivize student progress				
b. PE teachers celebrate student fitness accomplishments by publically providing awards				
c. PE teachers notify families of students awards for fitness				

24. Was there anything that helped you in providing student recognition of student fitness?
- School Administrator support
 - Parent/school volunteers
 - Additional funds to purchase awards/award items
 - PYFP student recognition awards
 - PYFP Awards and Recognition webinar
 - Other (please specify) _____

- 24.1 What, if any, barriers did you face while attempting to implement student recognition of fitness achievement at your school? (check all that apply)
- Not able to schedule awards ceremony or integrate awards ceremony into existing school assemblies
 - Administration – lack of support (e.g., principal, curriculum, coordinator, district office, etc.)
 - Had to use own money to purchase student recognition items
 - Lack of funds
 - Lack of time
 - Lack of student interest
 - Other
 - I did not experience any barriers to implementing student recognition

VI. Professional Development

25. Over the past 2 years, did you participate in any physical education-related professional development training or continuing education?
 Yes/No
26. [If yes] Which of the following types of training have you attended? Check all that apply.
- Methods to increase the amount of time students are engaged in moderate-to-vigorous activity
 - Using technology such as computers or video camera for physical education
 - Using physical activity monitoring devices, such as pedometers or heart rate monitors for PE
 - Encouraging family involvement in physical activity
 - Administering or using fitness assessments
 - Helping students develop individualized physical activity plans
 - Teaching PE to students with long-term physical, medical or cognitive disabilities?
 - Assessing or evaluating student performance in PE
 - Developing and using student portfolios for PE
 - Developing, implementing and evaluating a comprehensive school physical activity program
 - Assessing student weight status using body mass index skinfolds
 - Aligning PE standards to curriculum instruction or student assessment
 - Helping classroom teachers integrate physical activity into their classrooms

VII. Demographics

27. What is your highest level of education you have completed?
- Bachelors (includes bachelors plus credit)
 - Master's level degree (includes masters plus credit hours)
 - Post-graduate degree (PhD, EdD, etc.)
28. Are you certified to teach physical education in grades K-12?
- Yes
 - No
29. How many years of experience do you have teaching physical education?
- <1
 - 1-5 years
 - 6-10 years
 - >10 years
30. How many years have you been teaching physical education at this school? _____ (text box)
31. Which of these best describes your race?
- American Indian or Alaska Native
 - Asian
 - Black or African-American
 - Native Hawaiian or Pacific Islander
 - White
 - Other
32. Are you Hispanic or Latino?
Yes/ 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. This has been very interesting and informative, and 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 consent form. Have a wonderful day!