

Physical activity and physical education in California schools

1. Survey overview

Welcome to the Physical Activity and Physical Education in California Schools survey. On behalf of the California School Boards Association and California Project LEAN (Leaders Encouraging Activity and Nutrition), thank you for your valuable time. The purpose of this survey is to determine opportunities and barriers to improving physical activity in California schools. The survey will be used to develop resources and trainings for California's school board members.

Your responses will be completely confidential. The results will be summarized as aggregate statistics. No information about individual survey participants will be identified in the study findings and reports.

Please complete the survey to the best of your knowledge. If you do not know an answer, select "Don't know" and move to the next question.

The survey will approximately take 15 minutes to complete. Please complete the survey by February 5, 2009 to be eligible to win a \$100 Visa check gift card. Thank you in advance for your time.

To begin the survey, click the button below.

Physical activity and physical education in California schools

2. Defining physical activity and physical education

For the purposes of this survey:

Physical activity is defined as bodily movement of any type. The 2008 Physical Activity Guidelines for Americans recommends that children and adolescents participate in at least 60 minutes of Moderate to Vigorous Physical Activity (MVPA) most days of the week, preferably daily. Moderate intensity physical activity involves a minimum level of intensity, for example brisk walking or bicycling. Vigorous intensity physical activity is associated with large increases in breathing or heart rate, for example jogging, aerobic dance or bicycling uphill.

Opportunities for physical activity throughout the school day include:

- Physical education (P.E.) class

P.E. is defined by the National Association for Sport and Physical Education as planned sequential instruction that equips students with the knowledge, skills, capacities, values and enthusiasm to maintain a physically active and healthy lifestyle into adulthood. The current California required minutes for P.E. are 200 minutes every 10 days for elementary (grades 1-6) (Ed Code 51210), and 400 minutes every 10 days for secondary (grades 7-12) (Ed Code 51222).

- Classroom-based movement (activity breaks, sometimes to teach academic content)

- Recess or free play

- Walking, bicycling or other active transport to and from school

- Recreational sport and play before, during, and after school

Physical activity and physical education in California schools

3. School district information

* 1. What grade levels are included in your school district? Please mark all that apply.

- Elementary school grades
- Middle or junior high school grades
- High school grades

* 2. What is the average daily enrollment in your district?

- < 250
- 251-500
- 501-1000
- 1,001-2,500
- 2,501-5,000
- 5,001-10,000
- 10,001-20,000
- 20,001 – 100,000
- > 100,000
- Don't know

* 3. What percentage of students qualifies for free and reduced-price lunch in your district?

- < 25%
- 25 - 49%
- 50 – 74%
- 75 – 100%
- Don't know

Physical activity and physical education in California schools

4. Please identify the county where your district is located.

County

* 5. Please select the key school wellness issues your district is currently addressing. Mark all that apply.

- Asthma management
- Chronic disease prevention (diabetes, heart disease, high blood pressure)
- Food and nutrition policy/practices
- Mental, emotional and social health
- Obesity prevention
- Oral health
- Physical activity/physical education policy/practices
- Safety issues (injury/violence prevention)
- Tobacco and drug prevention
- None
- Don't know
- Other (please specify):

Physical activity and physical education in California schools

4. School-based physical activity

* 6. Please rate how much of a positive impact, if any, you feel physical activity has on the following student outcomes. Respond to each option.

	High impact	Moderate impact	Low impact	No impact	Don't know
Student academic performance	jn	jn	jn	jn	jn
Student fitness levels	jn	jn	jn	jn	jn
Student lifetime physical activity behaviors	jn	jn	jn	jn	jn
Reduction in student prevalence of overweight and obesity	jn	jn	jn	jn	jn
Reduction in student prevalence of chronic lifestyle diseases such as diabetes, cancer and heart disease	jn	jn	jn	jn	jn
Reduction in student absenteeism	jn	jn	jn	jn	jn
Student mental, emotional and social health	jn	jn	jn	jn	jn
Student tobacco and drug prevention	jn	jn	jn	jn	jn
Student violence prevention	jn	jn	jn	jn	jn

Physical activity and physical education in California schools

5. Existing district practices

* 7. Please indicate if one of the following individuals are designated to monitor implementation of physical activity and/or physical education policies at the district level. I identify the individual most responsible for monitoring implementation.

Assistant superintendent

Athletic coach

Athletic director

District physical education coordinator

Food services director

Physical education teacher

Principal

School nurse

Superintendent

No one

Don't know

Other (please specify)

* 8. Are school facilities in your district open to the public outside of school hours for physical activity programs or free play?

Yes, all schools in the district

Yes, some schools in the district

No

Don't know

Physical activity and physical education in California schools

9. If some or all school physical activity facilities in your district are not open to the public outside of school hours, please indicate why by marking all that apply.

- Insufficient funding
- Lack of staffing
- Lack of support from other agencies
- Liability concerns
- Risk of vandalism
- Safety concerns
- Don't know
- Other (please specify)

10. Have any schools in your district received funding for any of the following? Please mark all that apply.

- Carol M. White Physical Education Program (PEP) grant
- Physical Education Teacher Incentive Program (PETIP)
- Safe Routes to School infrastructure grant (i.e. construction)
- Safe Routes to School non-infrastructure grant (i.e. education, encouragement)
- Don't know
- Other (please specify)

Physical activity and physical education in California schools

* 11. In the past year, have physical activity opportunities in your district been affected by the following? Please respond for each option.

	Yes	No	Don't know	N/A
Increase in physical education class size	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduction in the amount of time dedicated to physical education class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduction in equipment/facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduction in the number of physical education teachers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduction/removal of recess	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduction in recreational or before/after school sports programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduction of staff who oversee physical activity opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please specify other:

* 12. Does your school board review the FITNESSGRAM® results?

Yes

No

Don't know

Physical activity and physical education in California schools

13. If you answered "yes" to the previous question, does your district use FITNESSGRAM® results to do any of the following? Please mark all that apply.

- Create new physical activity/physical education programs
- Elevate physical activity as a district priority
- Engage parents or other community partners in physical activity programs
- Identify students or schools in need of extra help
- Improve existing physical activity/physical education programs (i.e. provide professional development for teachers)
- Monitor and evaluate progress (i.e. assess a new P.E. curriculum)
- Don't know
- Other (please specify)

Physical activity and physical education in California schools

6. Opportunities for physical activity

There are THREE parts to this section. They are divided into the following three categories to address different opportunities for physical activity before, during and after school:

1. Physical education (P.E.) class
2. Physical activity during the school day other than P.E. class
3. Before/after school (including transit to/from school)

14. The following are some promising district policies and strategies for improving physical activity during PHYSICAL EDUCATION CLASSES. Please indicate if your district has adopted any of these policies or strategies. Also indicate if you would like more information regarding resources, consultation or training to address any of these policies or strategies. If the policy/strategy is not applicable to your district, please move to the next question.

	Would like more information	Adopted / In place	Not in place	Don't know
All P.E. classes shall be taught by credentialed P.E. teachers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All schools shall have equitable access to quality P.E.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All teachers who instruct P.E. shall receive focused, ongoing professional development	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have a system to monitor compliance with state required P.E. minutes. (e.g. ensure that all P.E. instructional minutes are documented)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Include the quantity or quality of P.E. as a component in evaluating school performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increase the required minutes for P.E. class to meet national recommendations (not less than 300 minutes/10 days in elementary school; not less than 450 minutes/10 days for middle/high school)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
P.E. class sizes and teacher-student ratios shall be consistent with those of other subjects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prohibit temporary exemptions from P.E., except for medical reasons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Schools shall have adequate indoor and outdoor facilities for P.E.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Schools shall have sufficient and safe P.E. equipment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students shall engage in moderate to vigorous physical activity for at least 50% of P.E. time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please specify other:

Physical activity and physical education in California schools

15. The following are some promising district policies and strategies for improving physical activity DURING THE SCHOOL DAY other than P.E. class. Please indicate if your district has adopted any of these policies or strategies. Also indicate if you would like more information regarding resources, consultation, training to address any of these policies or strategies. If the policy/strategy is not applicable to your district, please move to the next question.

	Would like more information	Adopted / In place	Not in place	Don't know
All elementary school students shall have at least 20 minutes of daily supervised recess	€	€	€	€
Equipment, playground and athletic facilities that support physical activity (e.g. sports fields) shall be provided and maintained	€	€	€	€
Lengthen the lunch period to provide opportunities for physical activity	€	€	€	€
Prohibit the use or withholding of physical activity as punishment	€	€	€	€
Recess supervisors shall be trained to organize/facilitate physical activity	€	€	€	€
School staff shall receive opportunities to engage in regular physical activity	€	€	€	€
Schools shall integrate physical activity into the classroom by establishing physical activity breaks during class or adopting physically active teaching materials	€	€	€	€
Schools shall provide appropriate physical activity opportunities during inclement weather	€	€	€	€
Other	€	€	€	€

Please specify other:

Physical activity and physical education in California schools

16. The following are some promising district policies and strategies for improving physical activity BEFORE/AFTER SCHOOL. Please indicate if your district has adopted any of these policies or strategies. Also indicate if you would like more information regarding resources, consultation or training to address any of these policies or strategies. If the policy/strategy is not applicable to your district, please move to the next question.

	Would like more information	Adopted / In place	Not in place	Don't know
Every student shall have an opportunity to participate in extracurricular physical activity programs regardless of physical ability	€	€	€	€
High school sports programs shall be taught by certified coaches who receive periodic professional development opportunities	€	€	€	€
Modify bus schedules to support attendance at before/after school physical activity programs	€	€	€	€
Schools shall establish before/after school physical activity opportunities (e.g. by partnering with external providers)	€	€	€	€
Schools shall open after school physical activity programs to all children in the neighborhood	€	€	€	€
Schools shall provide access to indoor and outdoor physical activity facilities outside school hours	€	€	€	€
Schools shall provide adequate bicycle support facilities, such as school bicycle racks	€	€	€	€
The school district shall collaborate with local government to ensure that new schools and neighborhoods are designed to facilitate safe walking, bicycling and other active transportation to school	€	€	€	€
The school district shall collaborate with the transportation department to improve safe walking and bicycling paths to school (i.e. safety of traffic, sidewalks, pathways and/or crosswalks near school)	€	€	€	€
The school district shall support safe walking, bicycling or other active transport to/from school (e.g. promote events such as Walk and Bike to School Day; create walking school buses; establish a Safe Routes to School program)	€	€	€	€
Other	€	€	€	€

Please specify other:

Physical activity and physical education in California schools

7. Barriers/challenges to physical activity

* 17. How significant are each of the following barriers/challenges in addressing physical activity and physical education policies and practices in your school district? Please respond to each option.

	Very significant	Somewhat significant	Not significant	N/A
Competing district priorities	jn	jn	jn	jn
Difficulty finding/implementing gender- and/or culturally-appropriate physical activities	jn	jn	jn	jn
Impact on the budget	jn	jn	jn	jn
Inclement conditions (i.e. weather, air quality)	jn	jn	jn	jn
Lack of adequate facilities	jn	jn	jn	jn
Lack of district lead to coordinate physical activity and physical education efforts	jn	jn	jn	jn
Lack of effective, evidence-based programs	jn	jn	jn	jn
Lack of qualified staff to implement/supervise programs	jn	jn	jn	jn
Lack of parent/community support	jn	jn	jn	jn
Lack of space	jn	jn	jn	jn
Lack of student interest/engagement	jn	jn	jn	jn
Lack of tools/resources available to develop, implement, and monitor policies and practices	jn	jn	jn	jn
Liability/safety concerns	jn	jn	jn	jn
Limited time in a school day	jn	jn	jn	jn
Other	jn	jn	jn	jn

Please specify other:

Physical activity and physical education in California schools

8. Stakeholders

18. Please indicate the key stakeholders that influence your district's decision-making about physical activity and physical education policies/practices.

- Assistant superintendents
- Athletic coaches
- Athletic directors
- Classroom teachers
- Community organizations
- District physical education coordinator
- Maintenance and operations staff
- Parents/Parent organizations
- Physical education teachers
- Physicians
- Principals
- Private physical activity providers (such as dance, tennis, martial arts instructors)
- Public health experts
- School wellness or coordinated school health committee
- Students/Student organizations
- Superintendent
- Don't know
- Other

Please specify other:

Physical activity and physical education in California schools

9. Training information

* 19. Do you feel adequately prepared to improve physical activity policies and practices within your school district in the following ways?

	Yes	Somewhat	No	Don't know	N/A
Introduce physical activity and physical education topics on your district meeting agendas	jñ	jñ	jñ	jñ	jñ
Develop physical activity and physical education policies	jñ	jñ	jñ	jñ	jñ
Assure that your district implements physical activity and physical education policies	jñ	jñ	jñ	jñ	jñ
Assure that your district monitors and evaluates physical activity and physical education policies	jñ	jñ	jñ	jñ	jñ

* 20. Are you interested in a training about policies and practices to improve physical activity in schools?

jñ Yes

jñ I would not be, but another board member or school district administrator in my district would be interested

jñ No

Comment:

Physical activity and physical education in California schools

21. What would help prepare you to address physical activity and physical education policies and practices in your district? Please mark all that apply.

- Advice/guidance from health experts/physicians
- Case studies of other successful school districts
- Compliance reviews
- Cost-benefit analysis of policies/practices
- Implementation and/or monitoring tools
- Improved understanding of regulations/mandates from state
- Information about the health status of students in your district
- Press coverage of current district policies
- Research on the link between physical education/physical activity and academic performance
- Research on the link between physical education/physical activity and behavioral problems/violence prevention
- Research on the link between physical activity and obesity/overweight
- Sample district physical activity/physical education policies
- Training school staff

Other (please specify)

Physical activity and physical education in California schools

10. Demographic information

22. Gender:

Male

Female

23. Age:

Under 25 years

26-35 years

36-45 years

46-55 years

56 years and over

24. Number of years on the school board:

0-2 years

2-4 years

5-9 years

10-19 years

20 years or more

25. Please share any final comments on physical activity and physical education in your district.

Physical activity and physical education in California schools

26. Optional: We are preparing case studies of districts that have successfully improved opportunities for physical activity and physical education for students. If you would like to be contacted about exemplary physical activity and/or physical education policies and/or practices in your district, please fill out the following information. Your contact information will be kept separate from your survey responses.

Name:

District:

Phone number:

E-mail:

Physical activity and physical education in California schools

11. Survey completed!

Thank you very much for your valuable time and insights in completing this survey on physical activity and physical education in California schools.

27. If you would like to be eligible to win a \$100 Visa check gift card, please submit your contact information below. You will be notified if you have won after the survey closes. Your information will be kept separate from your survey responses.

Name:

Phone number:

E-mail: