Thank you for your interest in the EAT 2010 Survey of School Physical Education Resources. This survey about school physical education practices and resources was completed by lead physical education teachers at the middle schools and high schools where young people were asked to complete surveys during the 2009-2010 school year. If you use items from this survey in your work, the following citations are recommended:


Additional information about Project EAT is available at the study website. There is limited support available for assistance with the survey.

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Project
EAT 2010:
Survey of School Physical
Education Resources

UNIVERSITY OF MINNESOTA
A Study Supported by the National Institutes of Health
The questions below are about physical activity opportunities for students in grades 6-8 during the 2009-2010 school year.

1. Which of the following facilities does this school have access to for indoor physical education? (Please mark all that apply.)
   1. Gymnasium
   2. Indoor pool
   3. Weight room
   4. Cardiovascular fitness center
   5. Wrestling room
   6. Dance studio
   7. Regular classrooms
   8. Cafeteria, auditorium, or other multi-purpose room
   9. Indoor track
   10. Other (please specify): _________________

2. Which of the following facilities does this school have access to for outdoor physical education? (Please mark all that apply.)
   1. Track for walking, jogging, running or biking
   2. Outdoor volleyball court
   3. Outdoor basketball court
   4. Outdoor tennis court
   5. Baseball or softball field
   6. General-use/multi-purpose field
   7. Parking lot or black top areas
   8. Other (please specify): _________________

3. Do you consider your school’s physical education facilities to be well maintained and usable?
   1. Not at all maintained and usable
   2. Somewhat maintained and usable
   3. Mostly maintained and usable
   4. Very well maintained and usable

4. How adequate are your school’s facilities for teaching your school’s physical education curriculum?
   1. Not at all adequate
   2. Not adequate
   3. Adequate
   4. More than adequate
5. Outside of school hours or when school is not in session, do outside groups conduct physical activity or sports programs on school grounds or in school facilities?
   1. No
   2. Yes
   3. Don’t know

6. Outside of school hours or when school is not in session, do students use any of this school’s physical activity or athletic facilities for...
   a. community-sponsored sports teams?
      1. No 2. Yes
   b. community-sponsored classes or lessons, such as tennis or gymnastics?
      1. No 2. Yes
   c. community-sponsored supervised “open-gym” or “free-play”?
      1. No 2. Yes

7. Does your school have adequate equipment (e.g., balls, racquets, nets, DVDs, etc) for teaching the physical education curriculum?
   1. Not at all adequate
   2. Not adequate
   3. Adequate
   4. More than adequate

8. Does your school have adequate space for storing physical education equipment?
   1. Not at all adequate
   2. Not adequate
   3. Adequate
   4. More than adequate

9. Over the past 10 years, has there been a change in the budget for physical education equipment and supplies at this school?
   1. No change
   2. Increase in budget
   3. Decrease in budget

10. Over the past 10 years, has there been a change in the physical education time requirements at this school?
    1. No change
    2. Increase in the time required
    3. Decrease in the time required
11. Over the past 10 years, has there been a change in the quality of physical education at this school?
   1. No change
   2. Improvement in quality
   3. Reduction in quality

12. About how many students does an average 7th grade physical education class at your school have enrolled?

   ____ students per class

13. Is there a policy allowing students at this school to be exempt from physical education for...

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. high fitness test score?</td>
<td>1 □</td>
</tr>
<tr>
<td>b. participation in school sports?</td>
<td>1 □</td>
</tr>
<tr>
<td>c. participation in school activities (other than sports) such as band, chorus, or ROTC</td>
<td>1 □</td>
</tr>
<tr>
<td>d. participation in honor classes or courses such as math or science?</td>
<td>1 □</td>
</tr>
<tr>
<td>e. participation in vocational training?</td>
<td>1 □</td>
</tr>
<tr>
<td>f. medical reasons?</td>
<td>1 □</td>
</tr>
<tr>
<td>g. extreme overweight?</td>
<td>1 □</td>
</tr>
</tbody>
</table>

14. Which of the following statements best describes how physical education is taught to 7th grade students?

   1. Physical education is taught to boys and girls separately
   2. Physical education is taught to boys and girls together (co-ed)
   3. Some physical education classes are co-ed and some classes are taught to boys and girls separately

15. On average, how many minutes per week do 7th grade students at your school participate in physical education?

   ____ minutes per week
16. What is the minimum physical education requirement for students in grades 6-8 at your school?

1. There is no minimum requirement
2. ½ credit per semester/trimester per year
3. ½ credit per year
4. 1 credit per year
5. ½ credit across all years at this school
6. 1 credit across all years at this school
7. Other (please specify): __________________

17. Does this school follow guidelines based on the National Standards for Physical Education from the National Association for Sport and Physical Education (NASPE)?

1. No
2. Yes
3. Don’t know

18. What type of grade do students receive for required physical education at this school? (Please mark all that apply.)

1. Letter or numerical grade
2. Pass/fail
3. Other
4. No grades given for physical education

19. If students fail required physical education, are they required to repeat it?

1. No
2. Yes

20. Does this school have an adaptive physical education class?

1. No
2. Yes

21. Are staff at this school allowed to use physical activity, such as laps or push-ups, to discipline students in physical education class?

1. No
2. Yes
22. Must students pay an activity fee to participate in any sports, intramural activities, or physical activity clubs?
   □ No → If no, skip to question #24
   □ Yes

23. Are activity fees waived if the student can not afford to pay?
   □ No
   □ Yes

24. Are staff paid to supervise intramural activities or physical activity clubs?
   □ No
   □ Yes

25. Does this school have a “late bus” or other transportation home for students staying after school for academic, club, or discipline reasons?
   □ No → If yes, what time does this bus leave the school? [____]:[____] P.M.
   □ Yes → If yes, what time does this bus leave the school? [____]:[____] P.M.

26. Does this school provide other transportation home for students who participate in after-school sports, intramural activities, or physical activity clubs that is separate from the “late bus” in the previous question?
   □ No → If yes, what time does this bus leave the school? [____]:[____] P.M.
   □ Yes → If yes, what time does this bus leave the school? [____]:[____] P.M.

27. During the past year, have students at this school been involved in assemblies, events, or campaigns at school that promote physical activity?
   □ No
   □ Yes → If yes, please briefly describe the programs.
28. Are there any significant activities currently underway at your school to promote increased physical activity among students?
   1. No
   2. Yes → If yes, please briefly describe the activities.

29. In your opinion, to what extent...

   Not at all        To a little extent        To some extent        To a great extent        To a very great extent

   a. ...has your school made a serious/real effort to promote increased physical activity among students?

   1      2      3      4      5

   b. ...has your school district made a serious/real effort to promote increased physical activity among students?

   1      2      3      4      5

What is your role/title? (please do not write your name) ____________________________________________ |___|___|

Please write the roles/titles of others who helped you to complete the survey (not names of individuals) ____________________________ |___|___|

What is today’s date? ________/________/_______

Month  Day  Year

Thank you for completing the survey!
Project EAT 2010:
Survey of School Physical Education Resources

UNIVERSITY OF MINNESOTA
A Study Supported by the National Institutes of Health
The questions below are about physical activity opportunities for students in grades 9-12 during the 2009-2010 school year.

1. Which of the following facilities does this school have access to for indoor physical education? (Please mark all that apply.)
   1. Gymnasium
   2. Indoor pool
   3. Weight room
   4. Cardiovascular fitness center
   5. Wrestling room
   6. Dance studio
   7. Regular classrooms
   8. Cafeteria, auditorium, or other multi-purpose room
   9. Indoor track
   10. Other (please specify): _________________

2. Which of the following facilities does this school have access to for outdoor physical education? (Please mark all that apply.)
   1. Track for walking, jogging, running or biking
   2. Outdoor volleyball court
   3. Outdoor basketball court
   4. Outdoor tennis court
   5. Baseball or softball field
   6. General-use/multi-purpose field
   7. Parking lot or black top areas
   8. Other (please specify): _________________

3. Do you consider your school’s physical education facilities to be well maintained and usable?
   1. Not at all maintained and usable
   2. Somewhat maintained and usable
   3. Mostly maintained and usable
   4. Very well maintained and usable

4. How adequate are your school’s facilities for teaching your school’s physical education curriculum?
   1. Not at all adequate
   2. Not adequate
   3. Adequate
   4. More than adequate
5. Outside of school hours or when school is not in session, do outside groups conduct physical activity or sports programs on school grounds or in school facilities?
   1. ☐ No
   2. ☐ Yes
   3. ☐ Don’t know

6. Outside of school hours or when school is not in session, do students use any of this school’s physical activity or athletic facilities for...

   a. community-sponsored sports teams?
   1. ☐ No
   2. ☐ Yes

   b. community-sponsored classes or lessons, such as tennis or gymnastics?
   1. ☐ No
   2. ☐ Yes

   c. community-sponsored supervised “open-gym” or “free-play”?
   1. ☐ No
   2. ☐ Yes

7. Does your school have adequate equipment (e.g., balls, racquets, nets, DVDs, etc) for teaching the physical education curriculum?
   1. ☐ Not at all adequate
   2. ☐ Not adequate
   3. ☐ Adequate
   4. ☐ More than adequate

8. Does your school have adequate space for storing physical education equipment?
   1. ☐ Not at all adequate
   2. ☐ Not adequate
   3. ☐ Adequate
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9. Over the past 10 years, has there been a change in the budget for physical education equipment and supplies at this school?
   1. ☐ No change
   2. ☐ Increase in budget
   3. ☐ Decrease in budget

10. Over the past 10 years, has there been a change in the physical education time requirements at this school?
    1. ☐ No change
    2. ☐ Increase in the time required
    3. ☐ Decrease in the time required
11. Over the past 10 years, has there been a change in the quality of physical education at this school?
   1. No change
   2. Improvement in quality
   3. Reduction in quality

12. About how many students does an average 10th grade physical education class at your school have enrolled? _____ students per class

13. Is there a policy allowing students at this school to be exempt from physical education for...
   a. high fitness test score? 1 No 2 Yes
   b. participation in school sports? 1 No 2 Yes
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   e. participation in vocational training? 1 No 2 Yes
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14. Which of the following statements best describes how physical education is taught to 10th grade students?
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   2. Physical education is taught to boys and girls together (co-ed)
   3. Some physical education classes are co-ed and some classes are taught to boys and girls separately

15. On average, how many minutes per week do 9th grade students at your school participate in physical education? _____ minutes per week

16. Does this school follow guidelines based on the National Standards for Physical Education from the National Association for Sport and Physical Education (NASPE)?
   1. No
   2. Yes
   3. Don’t know
17. What type of grade do students receive for required physical education at this school? (Please mark all that apply.)
   1. ☐ Letter or numerical grade
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   3. ☐ Other
   4. ☐ No grades given for physical education

18. If students fail required physical education, are they required to repeat it?
   1. ☐ No
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20. Are staff at this school allowed to use physical activity, such as laps or push-ups, to discipline students in physical education class?
   1. ☐ No
   2. ☐ Yes

21. Must students pay an activity fee to participate in any sports, intramural activities, or physical activity clubs?
   1. ☐ No → If no, skip to question #23
   2. ☐ Yes

22. Are activity fees waived if the student can not afford to pay?
   1. ☐ No
   2. ☐ Yes

23. Are staff paid to supervise intramural activities or physical activity clubs?
   1. ☐ No
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24. Does this school have a “late bus” or other transportation home for students staying after school for academic, club, or discipline reasons?
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</thead>
<tbody>
<tr>
<td>a. ...has your <strong>school</strong> made a serious/real effort to promote increased physical activity among students?</td>
<td>1 ☐</td>
<td>2 ☐</td>
<td>3 ☐</td>
<td>4 ☐</td>
</tr>
<tr>
<td>b. ...has your <strong>school district</strong> made a serious/real effort to promote increased physical activity among students?</td>
<td>1 ☐</td>
<td>2 ☐</td>
<td>3 ☐</td>
<td>4 ☐</td>
</tr>
</tbody>
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What is **your role/title?** (please do not write your name) ______________________________ | ___ | ___ |

Please write the roles/titles of others who **helped you to complete the survey** (not names of individuals) ______________________________ | ___ | ___ |

What is **today's date?** | ___ | ___ | / | ___ | ___ | / | 20 | ___ | ___ |

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Thank you for completing the survey!