

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:

Larson N, Miller JM, Eisenberg ME, Watts AW, Story M, Neumark-Sztainer D. Multicontextual correlates of energy-dense, nutrient-poor snack food consumption by adolescents. *Appetite*. 2017;112:23-34.

Larson N, Wall M, Story M, and Neumark-Sztainer D. Home/family, peer, school, and neighborhood correlates of obesity in adolescents. *Obesity*. 2013;21(9):1858-1869.

Miller JM, Wolfson J, Laska MN, Nelson TF, Pereira MA, Neumark-Sztainer D. Factor analysis test of an ecological model of physical activity correlates. *Am J Health Behav*. 2019;43(1):57-75.

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**

# **EAT**

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 30
  - 2  Indoor pool 31
  - 3  Weight room 32
  - 4  Cardiovascular fitness center 33
  - 5  Wrestling room 34
  - 6  Dance studio 35
  - 7  Regular classrooms 36
  - 8  Cafeteria, auditorium, or other multi-purpose room 37
  - 9  Indoor track 38
  - 10  Other (please specify): \_\_\_\_\_ 39
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 40
  - 2  Outdoor volleyball court 41
  - 3  Outdoor basketball court 42
  - 4  Outdoor tennis court 43
  - 5  Baseball or softball field 44
  - 6  General-use/multi-purpose field 45
  - 7  Parking lot or black top areas 46
  - 8  Other (please specify): \_\_\_\_\_ 47
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 48
  - 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 49
  - 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 50  
 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...
- |  | <i>No</i>                  | <i>Yes</i>                 |    |
|--|----------------------------|----------------------------|----|
| a. community-sponsored sports teams?                                     | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 51 |
| b. community-sponsored classes or lessons, such as tennis or gymnastics? | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 52 |
| c. community-sponsored supervised "open-gym" or "free-play"?             | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 53 |
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 54  
 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 55  
 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 56  
 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 57  
 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

58

12. About how many students does an average 7<sup>th</sup> grade physical education class at your school have enrolled? \_\_\_\_\_ students per class

59-60

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

*No*      *Yes*

a. high fitness test score?

1       2

61

b. participation in school sports?

1       2

62

c. participation in school activities (other than sports) such as band, chorus, or ROTC

1       2

63

d. participation in honor classes or courses such as math or science?

1       2

64

e. participation in vocational training?

1       2

65

f. medical reasons?

1       2

66

g. extreme overweight?

1       2

67

14. Which of the following statements best describes how physical education is taught to 7<sup>th</sup> 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

68

15. On average, how many minutes per week do 7<sup>th</sup> grade students at your school participate in physical education? \_\_\_\_\_ minutes per week

69-71

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?  
 1  No → If no, skip to question #24 81  
 2  Yes
23. Are activity fees waived if the student can not afford to pay?  
 1  No 82  
 2  Yes
24. Are staff paid to supervise intramural activities or physical activity clubs?  
 1  No 83  
 2  Yes
25. Does this school have a "late bus" or other transportation home for students staying after school *for academic, club, or discipline reasons*?  
 1  No 84-88  
 2  Yes → If yes, what time does this bus leave the school? 

_ _	_	:	_ _	_ _
Hour			Minutes	

 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?  
 1  No 89-93  
 2  Yes → If yes, what time does this bus leave the school? 

_ _	_	:	_ _	_ _
Hour			Minutes	

 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?  
 1  No 94  
 2  Yes → If yes, please briefly describe the programs.

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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.

95

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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

96

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

1       2       3       4       5

97

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

\_\_\_\_\_ |\_\_|\_\_|

98

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

\_\_\_\_\_ |\_\_|\_\_|

100

\_\_\_\_\_ |\_\_|\_\_|

102

What is today's date?

|\_\_|\_\_| / |\_\_|\_\_| / 20|\_\_|\_\_|  
*Month Day Year*

104-109

***Thank you for completing the survey!***



# **Project**

# **EAT 2010:**

# **Survey of School Physical Education Resources**

# **EAT**

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 30
  - 2  Indoor pool 31
  - 3  Weight room 32
  - 4  Cardiovascular fitness center 33
  - 5  Wrestling room 34
  - 6  Dance studio 35
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| a. community-sponsored sports teams?                                     | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 51 |
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11. Over the past 10 years, has there been a change in the quality of physical education at this school? 58
- 1  No change
- 2  Improvement in quality
- 3  Reduction in quality
12. About how many students does an average *10<sup>th</sup> grade* physical education class at your school have enrolled? 59-60
- \_\_\_\_\_ students per class
13. Is there a policy allowing students at this school to be exempt from physical education for... 61
- |   | <i>No</i>                  | <i>Yes</i>                 |    |
|---|----------------------------|----------------------------|----|
| a. high fitness test score?   | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 61 |
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| c. participation in school activities (other than sports) such as band, chorus, or ROTC | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 63 |
| d. participation in honor classes or courses such as math or science?                   | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 64 |
| e. participation in vocational training?  | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 65 |
| f. medical reasons?   | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 66 |
| g. extreme overweight?  | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 67 |
14. Which of the following statements best describes how physical education is taught to *10<sup>th</sup> grade students*? 68
- 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 *9<sup>th</sup> grade students* at your school participate in physical education? 69-71
- \_\_\_\_\_ 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)? 72
- 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 73
  - 2  Pass/fail 74
  - 3  Other 75
  - 4  No grades given for physical education 76
18. If students fail required physical education, are they required to repeat it?
- 1  No 77
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- 1  No 78
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- 1  No → If no, skip to question #23 80
  - 2  Yes
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- 1  No 81
  - 2  Yes
23. Are staff paid to supervise intramural activities or physical activity clubs?
- 1  No 82
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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*?

1  No

2  Yes → If yes, what time does this bus leave the school? : P.M.  
Hour Minutes

83-87

25. 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?

1  No

2  Yes → If yes, what time does this bus leave the school? : P.M.  
Hour Minutes

88-92

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93

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94

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