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Physical Education and Physical Activity District Questionnaire

**School Health Policies and Practices Study 2016
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Physical Education and Activity District Questionnaire

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Special Instructions

THIS QUESTIONNAIRE WILL BE ADMINISTERED USING WEB-BASED SURVEY TECHNOLOGY. AS THE RESPONDENTS SELECT THEIR RESPONSES TO THE QUESTIONS, THE APPLICATION WILL NAVIGATE COMPLEX SKIP PATTERNS BASED ON PREVIOUS RESPONSES AND PERFORM OTHER USEFUL FUNCTIONS. COMMENTS APPEARING IN THE MARGIN REPRESENT ADDITIONAL CLARIFICATION ON THE QUESTION OR THE SPECIFIC TERMINOLOGY USED. THIS TEXT WILL APPEAR ON-SCREEN UNDER THE MAIN QUESTION TEXT. THE PROGRAMMING SPECIFICATIONS FOR THE SURVEY ARE NOT INCLUDED IN THEIR ENTIRETY IN THIS PRINTED VERSION OF THE QUESTIONNAIRE.

1. This questionnaire focuses on your district’s policies and practices regarding physical education and physical activity.
2. For the purposes of this questionnaire, “policy” means any written law, rule, regulation, administrative order, or similar kind of mandate issued by the local school board or other local agency with authority over schools in your district. SHPPS is most interested in what is **required** by the district, not what is recommended or contained in non-binding guidance documents, unless the question specifically asks about recommendations.
3. For the purposes of this questionnaire, “adopted a policy” means either that the district has its own policy **or** that the district follows a policy established at the federal or state level, including any law, rule, regulation, administrative order, or similar kind of mandate.
4. If a district policy is written in such a way that it requires schools to develop and adopt their own policies on a given topic, for the purposes of this questionnaire, please consider it the same as a district-wide requirement.
5. Districts may sometimes grant policy exceptions or waivers, but please answer each question based on what is considered the general policy and standard practice in your district.
6. Please do not include policies that are solely related to instruction on physical activity topics provided within **health education** curricula.
7. Unless the question specifically asks about regularly scheduled recess periods, do not include recess periods when answering questions about physical education.
8. For the purposes of this questionnaire, “elementary school” refers to a school that contains any of grades K–5. “Middle school” refers to a school that contains any of grades 6–8. Some jurisdictions may refer to these schools as “junior high schools.” “High school” refers to a school that contains any of grades 10–12. Some jurisdictions may refer to these schools as “senior high schools.”

Standards

The first questions ask about physical education standards adopted or used by your district. These standards might cover student expectations and performance outcomes for physical education.

1. Has your district adopted a policy stating that schools will follow any national, state, or district physical education standards?
Yes1
No.....2 →SKIP TO THE INTRODUCTION TO Q4

2. Are these physical education standards based on the National Standards and Grade Level Outcomes for K-12 Physical Education from the Society of Health and Physical Educators (SHAPE America)?
Yes1
No.....2

3. Has your district adopted a policy requiring schools to assess student achievement of the physical education standards used by your district?
Yes1
No.....2

Commented [HELP1]: These standards, previously referred to as the national standards for physical education developed by the National Association for Sport and Physical Education (NASPE), define physical education knowledge and skills for students according to grade level.

Commented [HELP2]: SHAPE America was formerly known as the American Association for Health, Physical Education, Recreation, and Dance (AAHPERD).

Elementary School Instruction

The next questions ask about elementary school instruction.

4. Does your district follow standards for elementary school physical education?
 Yes1
 No.....2 →SKIP TO Q6
5. Do the standards followed by your district for elementary school physical education specifically address...
- | | Yes | No |
|---|-----|----|
| a. Competency in a variety of motor skills and movement patterns?1 | 1 | 2 |
| b. Knowledge of concepts, principles, strategies, and tactics related to movement and performance?1 | 1 | 2 |
| c. Knowledge and skills needed to achieve and maintain a health-enhancing level of physical activity and fitness?1 | 1 | 2 |
| d. Responsible personal and social behavior that respects self and others?1 | 1 | 2 |
| e. Recognition of the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction?1 | 1 | 2 |
6. Has your district adopted a policy stating that elementary schools will teach physical education?
 Yes1
 No.....2 →SKIP TO THE INTRODUCTION TO Q12
7. Districts use many ways to describe how much physical education students are required to receive while in elementary school. For example, districts might describe these requirements in terms of minutes per week, hours per quarter, or hours per year. In your district, are there specified time requirements for physical education at the elementary school level?
 Yes1
 No.....2

Commented [HELP3]: Standards might cover student expectations and performance outcomes for physical education.

Elementary School Instruction

8. Has your district adopted a policy prohibiting the use of **waivers, exemptions, or substitutions** for physical education requirements for one grading period or longer for elementary school students?

Yes1
 No.....2

Commented [HELP4]: For the purposes of this question, a “waiver” means that a school district or school is not required to provide students with state-mandated physical education. An “exemption” means that students need not fulfill a physical education requirement for certain reasons. A “substitution” means that students can participate in equivalent activities in place of physical education.

9. Has your district adopted a policy describing reasons that elementary school students may be excused from physical education requirements for one grading period or longer through **waivers, exemptions, or substitutions**?

Yes1
 No.....2 →SKIP TO Q11

Commented [HELP5]: For the purposes of this question, a “waiver” means that a school district or school is not required to provide students with state-mandated physical education. An “exemption” means that students need not fulfill a physical education requirement for certain reasons. A “substitution” means that students can participate in equivalent activities in place of physical education.

10. Has your district adopted a policy stating that elementary school students may be excused from physical education requirements for one grading period or longer for...

	Yes	No
a. Religious reasons?	1	2
b. Long-term physical or medical disability or chronic health condition?	1	2
c. Cognitive disability?	1	2
d. Achievement of positive, passing, or high physical fitness assessment scores?	1	2
e. Participation in school activities other than sports, such as band or chorus?.....	1	2
f. Participation in community sports activities?.....	1	2
g. Participation in community service activities?	1	2

Commented [HELP6]: For the purposes of this question, “long-term” means ongoing, not a temporary disability like a broken bone.

Commented [HELP7]: For example, asthma.

Commented [HELP8]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

11. Has your district adopted a policy stating that elementary school students may be excused from one or more physical education class periods for additional instructional time, remedial work, or test preparation for other subjects?

Yes1
 No.....2

Elementary School Instruction

The next questions ask about the curriculum used by elementary schools for physical education. For the purposes of these questions, “curriculum” means a detailed set of lessons, directions, strategies, and materials to facilitate student learning and teaching of content.

12. Does your district require or recommend that schools use one particular curriculum for elementary school physical education?

Require.....1

Recommend2

Neither.....3

→SKIP TO THE
INTRODUCTION TO Q14

13. Who developed that curriculum?

MARK ALL THAT APPLY

State education agency.....1

Other state agency.....2

School district3

Commercial company4

College or university.....5

National or state-level health organization,
such as the American Heart Association
or the American Cancer Society6

Other7

Elementary School Instruction

The next questions ask about resources that your district might provide for elementary school physical education.

14. During the past two years, has your district provided...
- | | Yes | No |
|---|-----|----|
| a. Goals, objectives, and expected outcomes for elementary school physical education? | 1 | 2 |
| b. A chart describing the annual scope and sequence of instruction for elementary school physical education? | 1 | 2 |
| c. A list of one or more recommended elementary school physical education curricula?..... | 1 | 2 |
| d. Lesson plans or learning activities for elementary school physical education? | 1 | 2 |
| e. Plans for how to assess student performance in elementary school physical education? | 1 | 2 |
| f. Resources for fitness assessment in elementary schools?..... | 1 | 2 |
| g. Physical activity monitoring devices, such as pedometers or heart rate monitors, for elementary school physical education? | 1 | 2 |

Commented [HELP9]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

15. Has your district ever used a curriculum analysis tool, such as the Physical Education Curriculum Analysis Tool (PECAT), to assess one or more physical education curricula for elementary schools?
- Yes1
- No.....2

Commented [HELP10]: The Physical Education Curriculum Analysis Tool (PECAT), developed by the Centers for Disease Control and Prevention, is a self-assessment and planning guide that helps districts and schools conduct analyses of physical education curricula, based upon national physical education standards.

16. Does your district require or recommend that elementary schools participate in the Presidential Youth Fitness Program (PYFP)?
- Require.....1
- Recommend2
- Neither3

Commented [HELP11]: The Presidential Youth Fitness Program is the national fitness education and assessment program designed to help schools achieve excellence in physical education through quality fitness assessment practices.

Elementary School Instruction

The next questions ask about elementary school student assessment that your district requires or recommends.

17. Does your district require or recommend that elementary schools give written assessments of students' knowledge related to physical education?

Require.....1

Recommend2

Neither3

18. Does your district require or recommend that elementary schools give skill performance assessments related to physical education?

Require.....1

Recommend2

Neither3

19. Does your district require or recommend that elementary schools assess students' physical activity levels, such as through the use of physical activity logs or pedometers?

Require.....1

Recommend2

Neither3

20. Does your district require or recommend that elementary schools assess students' fitness levels?

Require.....1

Recommend2

Neither.....3

→SKIP TO THE
INTRODUCTION TO Q24

Commented [HELP12]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

Elementary School Instruction

The next questions ask about specific fitness assessments.

21. Does your district require or recommend that elementary schools use...

Require Recommend Neither

- a. Fitnessgram, the fitness assessment of the Presidential Youth Fitness Program?.....1.....2.....3
- b. The Physical Fitness Test, from the President’s Challenge?.....1.....2.....3
- c. Any other fitness assessment? (Specify).....1.....2.....3

Commented [HELP13]: Fitnessgram can be done as a stand-alone fitness assessment or as part of the Presidential Youth Fitness Program.

Commented [HELP14]: The Presidential Youth Fitness Program is the national fitness education and assessment program designed to help schools achieve excellence in physical education through quality fitness assessment practices.

Commented [HELP15]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

22. Are elementary schools in your district required to submit students’ fitness assessment results to the state or district?

- Yes1
- No.....2

Commented [HELP16]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

23. Does your district require or recommend that elementary schools share the results of students’ fitness assessments with students’ parents or guardians?

- Require.....1
- Recommend2
- Neither3

Commented [HELP17]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

The next questions ask about staffing for elementary school physical education in your district.

24. Has your district adopted a policy specifying a maximum student-to-teacher ratio for physical education in elementary school?

- Yes1
- No.....2

25. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the elementary school level will have undergraduate or graduate training in physical education or a related field?

- Yes1
- No.....2

Elementary School Instruction

26. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the elementary school level will be certified, licensed, or endorsed by the state to teach physical education?

Yes1

No.....2

State does not offer certification, licensure, or endorsement to teach physical education at the elementary school level.....3

Middle School Instruction

The next questions ask about middle school instruction.

27. Does your district follow standards for middle school physical education?

Yes1

No.....2 →SKIP TO Q29

Commented [HELP18]: Standards might cover student expectations and performance outcomes for physical education.

28. Do the standards followed by your district for middle school physical education specifically address...

	Yes	No
a. Competency in a variety of motor skills and movement patterns?	1	2
b. Knowledge of concepts, principles, strategies, and tactics related to movement and performance?.....	1	2
c. Knowledge and skills needed to achieve and maintain a health-enhancing level of physical activity and fitness?.....	1	2
d. Responsible personal and social behavior that respects self and others?	1	2
e. Recognition of the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction?.....	1	2

29. Has your district adopted a policy stating that middle schools will teach physical education?

Yes1

No.....2 →SKIP TO THE INTRODUCTION TO Q35

Middle School Instruction

30. Districts use many ways to describe how much physical education students are required to receive while in middle school. For example, districts might describe these requirements in terms of minutes per week, hours per quarter, or hours per year. In your district, are there specified time requirements for physical education at the middle school level?

Yes1
 No.....2

31. Has your district adopted a policy prohibiting the use of **waivers, exemptions, or substitutions** for physical education requirements for one grading period or longer for middle school students?

Yes1
 No.....2

Commented [HELP19]: For the purposes of this question, a “waiver” means that a school district or school is not required to provide students with state-mandated physical education. An “exemption” means that students need not fulfill a physical education requirement for certain reasons. A “substitution” means that students can participate in equivalent activities in place of physical education.

32. Has your district adopted a policy describing reasons that middle school students may be excused from physical education requirements for one grading period or longer through **waivers, exemptions, or substitutions**?

Yes1
 No.....2 →SKIP TO Q34

Commented [HELP20]: For the purposes of this question, a “waiver” means that a school district or school is not required to provide students with state-mandated physical education. An “exemption” means that students need not fulfill a physical education requirement for certain reasons. A “substitution” means that students can participate in equivalent activities in place of physical education.

33. Has your district adopted a policy stating that middle school students may be excused from physical education requirements for one grading period or longer for...

	Yes	No
a. Religious reasons?	1	2
b. Long-term physical or medical disability or chronic health condition?	1	2
c. Cognitive disability?	1	2
d. Achievement of positive, passing, or high physical fitness assessment scores?.....	1	2
e. Participation in school activities other than sports, such as band or chorus?.....	1	2
f. Participation in community sports activities?.....	1	2
g. Participation in community service activities?	1	2
h. Enrollment in other courses, such as math or science?.....	1	2
i. Participation in school sports?	1	2
j. Participation in vocational training?	1	2

Commented [HELP21]: For the purposes of this question, “long-term” means ongoing, not a temporary disability like a broken bone.

Commented [HELP22]: For example, asthma.

Commented [HELP23]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

Middle School Instruction

- 34. Has your district adopted a policy stating that middle school students may be excused from one or more physical education class periods for additional instructional time, remedial work, or test preparation for other subjects?
 - Yes1
 - No.....2

The next questions ask about the curriculum used by middle schools for physical education. For the purposes of these questions, “curriculum” means a detailed set of lessons, directions, strategies, and materials to facilitate student learning and teaching of content.

- 35. Does your district require or recommend that schools use one particular curriculum for middle school physical education?
 - Require.....1
 - Recommend2
 - Neither.....3
- SKIP TO THE INTRODUCTION TO Q37

- 36. Who developed that curriculum?
MARK ALL THAT APPLY
 - State education agency.....1
 - Other state agency.....2
 - School district3
 - Commercial company.....4
 - College or university.....5
 - National or state-level health organization,
such as the American Heart Association
or the American Cancer Society6
 - Other7

Middle School Instruction

The next questions ask about resources that your district might provide for middle school physical education.

37. During the past two years, has your district provided...
- | | Yes | No |
|---|-----|----|
| a. Goals, objectives, and expected outcomes for middle school physical education? | 1 | 2 |
| b. A chart describing the annual scope and sequence of instruction for middle school physical education? | 1 | 2 |
| c. A list of one or more recommended middle school physical education curricula?..... | 1 | 2 |
| d. Lesson plans or learning activities for middle school physical education? | 1 | 2 |
| e. Plans for how to assess student performance in middle school physical education? | 1 | 2 |
| f. Resources for fitness assessment in middle schools?..... | 1 | 2 |
| g. Physical activity monitoring devices, such as pedometers or heart rate monitors, for middle school physical education? | 1 | 2 |
38. Has your district ever used a curriculum analysis tool, such as the Physical Education Curriculum Analysis Tool (PECAT), to assess one or more physical education curricula for middle schools?
- Yes1
- No.....2
39. Does your district require or recommend that middle schools participate in the Presidential Youth Fitness Program (PYFP)?
- Require1
- Recommend2
- Neither.....3

Commented [HELP24]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

Commented [HELP25]: The Physical Education Curriculum Analysis Tool (PECAT), developed by the Centers for Disease Control and Prevention, is a self-assessment and planning guide that helps districts and schools conduct analyses of physical education curricula, based upon national physical education standards.

Commented [HELP26]: The Presidential Youth Fitness Program is the national fitness education and assessment program designed to help schools achieve excellence in physical education through quality fitness assessment practices.

Middle School Instruction

The next questions ask about middle school student assessment that is required or recommended by your district.

- 40. Does your district require or recommend that middle schools give written assessments of students' knowledge related to physical education?
Require.....1
Recommend2
Neither3

- 41. Does your district require or recommend that middle schools give skill performance assessments related to physical education?
Require.....1
Recommend2
Neither3

- 42. Does your district require or recommend that middle schools assess students' physical activity levels, such as through the use of physical activity logs or pedometers?
Require.....1
Recommend2
Neither3

- 43. Does your district require or recommend that middle schools assess students' fitness levels?
Require.....1
Recommend2
Neither.....3

→SKIP TO THE INTRODUCTION TO Q47

Commented [HELP27]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

Middle School Instruction

The next questions ask about specific fitness assessments.

44. Does your district require or recommend that middle schools use...

	Require	Recommend	Neither
--	---------	-----------	---------

- | | | | |
|--|--------|--------|--------|
| a. Fitnessgram, the fitness assessment of the Presidential Youth Fitness Program?..... | 1..... | 2..... | 3..... |
| b. The Physical Fitness Test, from the President’s Challenge?..... | 1..... | 2..... | 3..... |
| c. Any other fitness assessment? (Specify)..... | 1..... | 2..... | 3..... |

Commented [HELP28]: Fitnessgram can be done as a stand-alone fitness assessment or as part of the Presidential Youth Fitness Program.

Commented [HELP29]: The Presidential Youth Fitness Program is the national fitness education and assessment program designed to help schools achieve excellence in physical education through quality fitness assessment practices.

Commented [HELP30]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

45. Are middle schools in your district required to submit students’ fitness assessment results to the state or district?

- Yes1
 No.....2

Commented [HELP31]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

46. Does your district require or recommend that middle schools share the results of students’ fitness assessments with students’ parents or guardians?

- Require.....1
 Recommend2
 Neither3

Commented [HELP32]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

The next questions ask about staffing for middle school physical education in your district.

47. Has your district adopted a policy specifying a maximum student-to-teacher ratio for physical education in middle school?

- Yes1
 No.....2

48. Has your district adopted a policy stating that newly hired staff who teach physical education at the middle school level will have undergraduate or graduate training in physical education or a related field?

- Yes1
 No.....2

Middle School Instruction

49. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the middle school level will be certified, licensed, or endorsed by the state to teach physical education?

Yes1

No.....2

State does not offer certification, licensure, or endorsement to teach physical education at the middle school level3

High School Instruction

The next questions ask about high school instruction.

50. Does your district follow standards for high school physical education?

- Yes1
 No.....2 →SKIP TO Q52

Commented [HELP33]: Standards might cover student expectations and performance outcomes for physical education.

51. Do the standards followed by your district for high school physical education specifically address...

	Yes	No
a. Competency in a variety of motor skills and movement patterns?	1	2
b. Knowledge of concepts, principles, strategies, and tactics related to movement and performance?.....	1	2
c. Knowledge and skills needed to achieve and maintain a health-enhancing level of physical activity and fitness?.....	1	2
d. Responsible personal and social behavior that respects self and others?	1	2
e. Recognition of the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction?.....	1	2

52. Has your district adopted a policy stating that high schools will teach physical education?

- Yes1
 No.....2 →SKIP TO THE INTRODUCTION TO Q58

53. Districts use many ways to describe how much physical education students are required to receive while in high school. For example, districts might describe these requirements in terms of minutes per week, hours per quarter, or hours per year. In your district, are there specified time requirements for physical education at the high school level?

- Yes1
 No.....2

High School

54. Has your district adopted a policy prohibiting the use of **waivers, exemptions, or substitutions** for physical education requirements for one grading period or longer for high school students?

Yes1
 No.....2

Commented [HELP34]: For the purposes of this question, a “waiver” means that a school district or school is not required to provide students with state-mandated physical education. An “exemption” means that students need not fulfill a physical education requirement for certain reasons. A “substitution” means that students can participate in equivalent activities in place of physical education.

55. Has your district adopted a policy describing reasons that high school students may be excused from physical education requirements for one grading period or longer through **waivers, exemptions, or substitutions**?

Yes1
 No.....2 →SKIP TO Q57

Commented [HELP35]: For the purposes of this question, a “waiver” means that a school district or school is not required to provide students with state-mandated physical education. An “exemption” means that students need not fulfill a physical education requirement for certain reasons. A “substitution” means that students can participate in equivalent activities in place of physical education.

56. Has your district adopted a policy stating that high school students may be excused from physical education requirements for one grading period or longer for...

	Yes	No
a. Religious reasons?	1	2
b. Long-term physical or medical disability or chronic health condition?	1	2
c. Cognitive disability?	1	2
d. Achievement of positive, passing, or high physical fitness assessment scores?	1	2
e. Participation in school activities other than sports, such as band, chorus, or JROTC?	1	2
f. Participation in community sports activities?.....	1	2
g. Participation in community service activities?	1	2
h. Enrollment in other courses, such as math or science?.....	1	2
i. Participation in school sports?	1	2
j. Participation in vocational training?	1	2

Commented [HELP36]: For the purposes of this question, “long-term” means ongoing, not a temporary disability like a broken bone.

Commented [HELP37]: For example, asthma.

Commented [HELP38]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

Commented [HELP39]: JROTC is the Junior Reserve Officers’ Training Corps.

High School

57. Has your district adopted a policy stating that high school students may be excused from one or more physical education class periods for additional instructional time, remedial work, or test preparation for other subjects?

- Yes1
- No.....2

The next questions ask about the curriculum used by high schools for physical education. For the purposes of these questions, “curriculum” means a detailed set of lessons, directions, strategies, and materials to facilitate student learning and teaching of content.

58. Does your district require or recommend that schools use one particular curriculum for high school physical education?

- Require1
 - Recommend2
 - Neither.....3
- SKIP TO THE INTRODUCTION TO Q60

59. Who developed that curriculum?

MARK ALL THAT APPLY

- State education agency.....1
- Other state agency.....2
- School district3
- Commercial company4
- College or university.....5
- National or state-level health organization,
such as the American Heart Association
or the American Cancer Society6
- Other7

High School

The next questions ask about resources that your district might provide for high school physical education.

60. During the past two years, has your district provided...
- | | Yes | No |
|---|-----|----|
| a. Goals, objectives, and expected outcomes for high school physical education? | 1 | 2 |
| b. A chart describing the annual scope and sequence of instruction for high school physical education? | 1 | 2 |
| c. A list of one or more recommended high school physical education curricula?..... | 1 | 2 |
| d. Lesson plans or learning activities for high school physical education? | 1 | 2 |
| e. Plans for how to assess student performance in high school physical education? | 1 | 2 |
| f. Resources for fitness assessment in high schools?..... | 1 | 2 |
| g. Physical activity monitoring devices, such as pedometers or heart rate monitors, for high school physical education? | 1 | 2 |

Commented [HELP40]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

61. Has your district ever used a curriculum analysis tool, such as the Physical Education Curriculum Analysis Tool (PECAT), to assess one or more physical education curricula for high schools?
- Yes.....1
- No.....2

Commented [HELP41]: The Physical Education Curriculum Analysis Tool (PECAT), developed by the Centers for Disease Control and Prevention, is a self-assessment and planning guide that helps districts and schools conduct analyses of physical education curricula, based upon national physical education standards.

62. Does your district require or recommend that high schools participate in the Presidential Youth Fitness Program (PYFP)?
- Require.....1
- Recommend.....2
- Neither.....3

Commented [HELP42]: The Presidential Youth Fitness Program is the national fitness education and assessment program designed to help schools achieve excellence in physical education through quality fitness assessment practices.

High School

The next questions ask about high school student assessment that is required or recommended by your district.

63. Does your district require or recommend that high schools give written assessments of students' knowledge related to physical education?

- Require1
- Recommend2
- Neither3

64. Does your district require or recommend that high schools give skill performance assessments related to physical education?

- Require1
- Recommend2
- Neither3

65. Does your district require or recommend that high schools assess students' physical activity levels, such as through the use of physical activity logs or pedometers?

- Require1
- Recommend2
- Neither3

66. Does your district require or recommend that high schools assess students' fitness levels?

- Require1
- Recommend2
- Neither3

→SKIP TO THE INTRODUCTION TO Q70

Commented [HELP43]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

High School

The next questions ask about specific fitness assessments.

67. Does your district require or recommend that high schools use...
- | | Require | Recommend | Neither |
|---|---------|-----------|---------|
| a. Fitnessgram, the fitness assessment of the Presidential Youth Fitness Program? | 1 | 2 | 3 |
| b. The Physical Fitness Test, from the President's Challenge?..... | 1 | 2 | 3 |
| c. Any other fitness assessment? (Specify)..... | 1 | 2 | 3 |
68. Are high schools in your district required to submit students' fitness assessment results to the state or district?
- Yes.....1
No.....2
69. Does your district require or recommend that high schools share the results of students' fitness assessments with students' parents or guardians?
- Require.....1
Recommend.....2
Neither.....3

Commented [HELP44]: Fitnessgram can be done as a stand-alone fitness assessment or as part of the Presidential Youth Fitness Program.

Commented [HELP45]: The Presidential Youth Fitness Program is the national fitness education and assessment program designed to help schools achieve excellence in physical education through quality fitness assessment practices.

Commented [HELP46]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

Commented [HELP47]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

Commented [HELP48]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

The next questions ask about staffing for high school physical education in your district.

70. Has your district adopted a policy specifying a maximum student-to-teacher ratio for physical education in high school?
- Yes.....1
No.....2
71. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the high school level will have undergraduate or graduate training in physical education or a related field?
- Yes.....1
No.....2

72. Has your district adopted a policy stating that **newly hired** staff who teach physical education at the high school level will be certified, licensed, or endorsed by the state to teach physical education?

Yes1

No.....2

State does not offer certification, licensure, or endorsement to teach physical education at the high school level3

Students with Disabilities

The next questions ask about physical education for students with long-term physical, medical, or cognitive disabilities, or chronic health conditions.

Commented [HELP49]: For example, Down syndrome, conditions that require a permanent use of a wheelchair, or asthma.

73. Based on policies adopted by your district, are schools required to meet the physical education needs of students with long-term physical, medical, or cognitive disabilities, or chronic health conditions by...

Commented [HELP50]: For the purposes of this question, "long-term" means ongoing, not a temporary disability like a broken bone.

	Yes	No
a. Providing adapted physical education as appropriate?	1	2
b. Mainstreaming into regular physical education as appropriate?.....	1	2
c. Using modified equipment or facilities in regular physical education?	1	2
d. Using modified instructional strategies?.....	1	2
e. Using modified assessments?	1	2
f. Using teaching assistants in regular physical education?	1	2
g. Including accommodations in physical education in 504 plans or Individualized Education Programs (IEPs)?	1	2

Commented [HELP51]: A 504 plan is a document that describes a program of instructional services to assist students with special needs who are in a regular educational setting.

Commented [HELP52]: An IEP is a document written by school administrators, teachers, and parents which identifies annual goals, strategies, and services provided for a student with special education needs.

Physical Activity

IF THE DISTRICT DOES NOT CONTAIN ELEMENTARY SCHOOLS, SKIP TO THE INSTRUCTIONS BEFORE Q80.

The next questions ask about elementary school recess.

74. Does your district require or recommend that elementary schools provide students with regularly scheduled recess?

Require.....1

Recommend2

Neither.....3

→SKIP TO THE
INTRODUCTION TO Q77

75. How many minutes per day of recess are required or recommended for elementary school students?

Less than 10 minutes per day.....1

10 to 19 minutes per day.....2

20 to 29 minutes per day.....3

30 or more minutes per day4

No specified time requirements or
recommendations5

76. Does your district require or recommend that elementary schools provide recess before students eat lunch?

Require.....1

Recommend2

Neither3

The next questions ask about other opportunities outside of physical education for elementary school students to engage in physical activity.

77. Does your district require or recommend that elementary schools provide regular classroom physical activity breaks, **outside of physical education class and recess**, during the school day?

Require.....1

Recommend2

Neither.....3

Physical Activity

78. Does your district require or recommend that elementary schools provide opportunities for physical activity **before** the school day?

- Require1
- Recommend2
- Neither3

Commented [HELP53]: Examples of opportunities for physical activity before school include walking and biking to school programs, physical activity clubs, intramural programs, informal play on school grounds, including physical activity in homework during out of school hours, physical activity in school-based child care programs, and interscholastic sports.

79. Does your district require or recommend that elementary schools provide opportunities for physical activity **after** the school day?

- Require1
- Recommend2
- Neither3

Commented [HELP54]: Examples of opportunities for physical activity after school include walking and biking to school programs, physical activity clubs, intramural programs, informal play on school grounds, including physical activity in homework during out of school hours, physical activity in school-based child care programs, and interscholastic sports.

IF DISTRICT DOES NOT CONTAIN MIDDLE SCHOOLS, SKIP TO THE INTRODUCTION TO Q83.

The next questions ask about other opportunities outside of physical education for middle school students to engage in physical activity.

80. Does your district require or recommend that middle schools provide regular physical activity breaks, **outside of physical education class**, during the school day?

- Require1
- Recommend2
- Neither3

81. Does your district require or recommend that middle schools provide opportunities for physical activity **before** the school day?

- Require1
- Recommend2
- Neither3

Commented [HELP55]: Examples of opportunities for physical activity before school include walking and biking to school programs, physical activity clubs, intramural programs, informal play on school grounds, including physical activity in homework during out of school hours, physical activity in school-based child care programs, and interscholastic sports.

82. Does your district require or recommend that middle schools provide opportunities for physical activity **after** the school day?

- Require1
- Recommend2
- Neither3

Commented [HELP56]: Examples of opportunities for physical activity after school include walking and biking to school programs, physical activity clubs, intramural programs, informal play on school grounds, including physical activity in homework during out of school hours, physical activity in school-based child care programs, and interscholastic sports.

Physical Activity

IF DISTRICT DOES NOT CONTAIN HIGH SCHOOLS, SKIP TO THE INTRODUCTION TO Q86.

The next questions ask about other opportunities outside of physical education for high school students to engage in physical activity.

83. Does your district require or recommend that high schools provide regular physical activity breaks, **outside of physical education class**, during the school day?

- Require1
- Recommend2
- Neither3

84. Does your district require or recommend that high schools provide opportunities for physical activity **before** the school day?

- Require1
- Recommend2
- Neither3

Commented [HELP57]: Examples of opportunities for physical activity before school include walking and biking to school programs, physical activity clubs, intramural programs, informal play on school grounds, including physical activity in homework during out of school hours, physical activity in school-based child care programs, and interscholastic sports.

85. Does your district require or recommend that high schools provide opportunities for physical activity **after** the school day?

- Require1
- Recommend2
- Neither3

Commented [HELP58]: Examples of opportunities for physical activity after school include walking and biking to school programs, physical activity clubs, intramural programs, informal play on school grounds, including physical activity in homework during out of school hours, physical activity in school-based child care programs, and interscholastic sports.

Use of Protective Gear

The next question is about your district’s policies on the use of protective gear.

86. Has your district adopted a policy requiring that students wear appropriate protective gear...
- | | Yes | No |
|---|-----|----|
| a. During physical education?..... | 1 | 2 |
| b. When engaged in physical activity clubs or intramural sports?..... | 1 | 2 |
| c. When engaged in interscholastic sports? | 1 | 2 |

Commented [HELP59]: For example, helmets, knee pads, or mouth guards.

Commented [HELP60]: For the purposes of this question, “physical activity clubs” and “intramural sports” mean any physical activity program that is voluntary for students, in which students are given an equal opportunity to participate regardless of physical ability, and in which students have the opportunity to be involved in the planning, organization, and administration of the program, under the supervision of a qualified adult.

Use of Physical Activity for Discipline

IF DISTRICT DOES NOT CONTAIN ELEMENTARY SCHOOLS, SKIP TO THE INTRODUCTION TO Q88.

The next question asks about excluding students from recess as punishment for inappropriate behavior.

87. Does your district prohibit or actively discourage elementary schools from excluding students from all or part of recess as punishment for inappropriate behavior or failure to complete class work?
- Yes1
- No.....2

The next questions ask about the use of physical activity as punishment for inappropriate behavior and excluding students from physical education as punishment for inappropriate behavior.

88. Does your district prohibit or actively discourage schools from using physical activity, such as laps or push-ups, to punish students for inappropriate behavior in physical education class?
- Yes1
- No.....2

Commented [HELP61]: For example, in memoranda or guidelines.

89. Does your district prohibit or actively discourage schools from using physical activity to punish students for poor performance or inappropriate behavior in interscholastic sports?
- Yes1
- No.....2

Commented [HELP62]: For example, in memoranda or guidelines.

90. Does your district prohibit or actively discourage schools from excluding students from all or part of physical education class to punish students for inappropriate behavior or failure to complete class work in another class?
- Yes1
- No.....2

Commented [HELP63]: For example, in memoranda or guidelines.

91. Does your district prohibit or actively discourage schools from excluding students from all or part of physical education class to punish students for inappropriate behavior in physical education class?
- Yes1
- No.....2

Commented [HELP64]: For example, in memoranda or guidelines.

Staffing and Professional Development

The next questions ask about staffing and professional development in your district.

92. Has your district adopted a policy stating that **each school** will have someone to oversee or coordinate physical education at the school, for example a department chair?

Yes1
 No.....2

93. Has your district adopted a policy stating that each school will have someone to oversee or coordinate a **Comprehensive School Physical Activity Program (CSPAP)** at the school?

Yes1
 No.....2

Commented [HELP65]: A Comprehensive School Physical Activity Program (CSPAP) encompasses physical activity programming before, during, and after the school day and should include coordination across five components: physical education, physical activity during school (e.g., recess, classroom-based physical activity), physical activity before and after school (e.g., physical activity clubs or intramural sports and interscholastic sports), staff involvement, and family and community engagement.

94. Has your district adopted a policy stating that those who teach physical education are required to earn continuing education credits on **physical education topics or instructional strategies**?

Yes1
 No.....2

The next questions ask about professional development for those who teach physical education. This might include workshops, conferences, continuing education, graduate courses, or any other kind of in-service.

95. During the past two years, has your district provided funding for professional development or offered professional development to those who teach physical education on...

Yes No

- a. Methods to increase the amount of time students are engaged in moderate-to-vigorous physical activity during physical education class?12
- b. Methods to promote gender equity in physical education and sports?12
- c. Using technology, such as computers, the Internet, or social media, to enhance instruction or improve student learning?12
- d. Using physical activity monitoring devices, such as pedometers or heart rate monitors, for physical education?12
- e. Encouraging family involvement in physical activity?12

Staffing and Professional Development

(QUESTION 95 CONTINUED)

- f. Administering or using fitness assessments? 1 2
- g. Helping students develop individualized physical activity plans? 1 2
- h. Injury prevention and first aid? 1 2
- i. How to prevent, recognize, and respond to concussions among students? 1 2
- j. Teaching physical education to students with long-term physical, medical, or cognitive disabilities? 1 2
- k. Teaching individual or paired activities or sports? 1 2
- l. Teaching team or group activities or sports? 1 2
- m. Teaching movement skills and concepts? 1 2
- n. Assessing or evaluating student performance in physical education? 1 2
- o. Developing and using student portfolios for physical education? 1 2
- p. Teaching methods to promote inclusion and active participation of overweight and obese children during physical education? 1 2
- q. Chronic health conditions, for example asthma or diabetes, including recognizing and responding to severe symptoms or reducing triggers? 1 2
- r. Methods for developing, implementing, and evaluating physical activity clubs or intramural sports programs? 1 2
- s. Developing, implementing, and evaluating a Comprehensive School Physical Activity Program (CSPAP)? 1 2
- t. Establishing walking or biking to school programs? 1 2
- u. Assessing student weight status using body mass index (BMI), skinfolds, or bioelectric impedance? 1 2
- v. Aligning physical education standards to curriculum, instruction, or student assessment? 1 2
- w. Teaching online or distance education courses? 1 2
- x. Using the Physical Education Curriculum Analysis Tool (PECAT) to help assess physical education curricula? 1 2
- y. Using data to plan or evaluate physical education policies or practices? 1 2

Commented [HELP66]: For example, fitness assessments might include student aerobic capacity, muscular strength and endurance, flexibility, or body composition.

Commented [HELP67]: For the purposes of this question, “long-term” means ongoing, not a temporary disability like a broken bone.

Commented [HELP68]: For the purposes of this question, “physical activity clubs” and “intramural sports” mean any physical activity program that is voluntary for students, in which students are given an equal opportunity to participate regardless of physical ability, and in which students have the opportunity to be involved in the planning, organization, and administration of the program, under the supervision of a qualified adult.

Commented [HELP69]: A Comprehensive School Physical Activity Program (CSPAP) encompasses physical activity programming before, during, and after the school day and should include coordination across five components: physical education, physical activity during school (e.g., recess, classroom-based physical activity), physical activity before and after school (e.g., physical activity clubs or intramural sports and interscholastic sports), staff involvement, and family and community engagement.

Commented [HELP70]: Bioelectric impedance estimates body composition using a portable device. One such device resembles a bathroom scale; another device requires students to squeeze handles on a handgrip while extending their arms.

Commented [HELP71]: The Physical Education Curriculum Analysis Tool (PECAT), developed by the Centers for Disease Control and Prevention, is a self-assessment and planning guide that helps districts and schools conduct analyses of physical education curricula, based upon national physical education standards.

Staffing and Professional Development

(QUESTION 95 CONTINUED)

- z. Helping classroom teachers integrate physical activity into their classrooms? 1 2
- aa. Implementing the Presidential Youth Fitness Program (PYFP)? 1 2
- bb. Providing Physical Activity Leader (PAL) training through *Let's Move! Active Schools*? 1 2

Commented [HELP72]: The Presidential Youth Fitness Program is the national fitness education and assessment program designed to help schools achieve excellence in physical education through quality fitness assessment practices.

Commented [HELP73]: *Let's Move! Active Schools* is a collaborative effort of leading national health and education organizations to help schools offer opportunities for physical activity and physical education to ensure students are getting 60 minutes of physical activity a day.

Collaboration and Promotion

The next questions ask about collaboration with other district-level staff and outside organizations.

96. During the past 12 months, have district-level physical education staff worked on physical education activities with district-level...

	Yes	No	No district-level staff in this area
a. Health education staff?	1	2	3
b. Health services staff?	1	2	3
c. Counseling, psychological, or social services staff?	1	2	3
d. Nutrition or food service staff?	1	2	3
e. General curriculum coordinators or supervisors?	1	2	3
f. Media or technology staff?	1	2	3

Commented [HELP74]: "Worked on physical education activities with" means collaborated with on physical education or worked with to coordinate physical education.

97. During the past 12 months, have district-level physical education staff worked on physical education activities with staff or members from...

	Yes	No
a. A state affiliate of the American Association for Health, Physical Education, Recreation, and Dance (AAHPERD)/SHAPE America?	1	2
b. A health organization, such as the American Heart Association or the American Cancer Society?	1	2
c. The state health department?	1	2
d. A local health department?	1	2
e. A local mental health or social services agency?	1	2
f. A local college or university?	1	2
g. A local business?	1	2
h. A local parks or recreation department?	1	2
i. A local health or fitness club?	1	2
j. A local department of transportation or public works?	1	2
k. A local professional sports team?	1	2
l. A local hospital?	1	2

Commented [HELP75]: "Worked on physical education activities with" means collaborated with on physical education or worked with to coordinate physical education.

Commented [HELP76]: SHAPE America is the Society of Health and Physical Educators.

Collaboration and Promotion

(QUESTION 97 CONTINUED)

- m. A local law enforcement agency?.....12
- n. A local service club, such as the Rotary Club?.....12
- o. A local youth organization, such as the Boys and Girls Clubs?.....12

98. During the past 12 months, has anyone from your district ...

Yes No

- a. Provided district or school personnel—for example, classroom teachers, administrators, or school board members—with information on **physical education**?.....12
- b. Provided district or school personnel—for example, classroom teachers, administrators, or school board members—with information on school **physical activity**?.....12
- c. Sought positive media attention for **physical education**?12
- d. Sought positive media attention for school **physical activity**?.....12
- e. Provided awards or recognition for outstanding implementation of school physical activity programs, such as physical activity clubs or intramural sports programs?.....12

The next question asks about plans for a Comprehensive School Physical Activity Program (CSPAP). A CSPAP is a multi-component approach that provides opportunities for students to be physically active before, during, and after school.

99. Has your district adopted a policy stating that each school will have a written plan for a Comprehensive School Physical Activity Program (CSPAP)?

- Yes1
- No.....2

Commented [HELP77]: For the purposes of this question, “physical activity clubs” and “intramural sports” mean any physical activity program that is voluntary for students, in which students are given an equal opportunity to participate regardless of physical ability, and in which students have the opportunity to be involved in the planning, organization, and administration of the program, under the supervision of a qualified adult.

Commented [HELP78]: A written plan for physical activity includes what physical activities will be provided in the school, when they will be provided, where they will be conducted, who will facilitate them, and what they would cost.

Commented [HELP79]: A Comprehensive School Physical Activity Program (CSPAP) encompasses physical activity programming before, during, and after the school day and should include coordination across five components: physical education, physical activity during school (e.g., recess, classroom-based physical activity), physical activity before and after school (e.g., physical activity clubs or intramural sports and interscholastic sports), staff involvement, and family and community engagement.

Evaluation

The next questions ask about different aspects of physical education and school physical activity that might have been evaluated during the past two years.

100. During the past two years, have your district’s physical education policies been reviewed or updated?

- Yes1
- No.....2

101. During the past two years, have your district’s physical education **curricula** been reviewed or updated?

- Yes1
- No.....2

Commented [HELP80]: For the purposes of this question, “curriculum” means a detailed set of lesson plans, learning activities, instructional strategies, and materials to facilitate student learning and teaching of content.

102. During the past two years, have any of your district’s physical education professional development or in-service programs been evaluated?

- Yes.....1
- No2

District did not have any professional development or in-service programs during the past two years.....3

103. Does your district require schools to report each of the following types of information?

Yes No

a. Number of minutes of physical education required in each grade.....12

IF DISTRICT DOES NOT CONTAIN ELEMENTARY SCHOOLS, SKIP TO Q103c

b. Number of minutes of elementary school recess12

c. Number of minutes of classroom physical activity breaks.....12

Interscholastic Sports

The next questions ask about interscholastic sports in your district.

104. Has your district adopted a policy stating that head coaches of interscholastic sports will...

	Yes	No
a. Have previous coaching experience in any sport?.....	1	2
b. Have previous coaching experience in the sport(s) they will be coaching?.....	1	2
c. Have a teaching certificate?.....	1	2
d. Complete a coaches' training course?.....	1	2
e. Complete a sports safety course?.....	1	2
f. Be certified in first aid?.....	1	2
g. Be certified in cardiopulmonary resuscitation (CPR)?.....	1	2
h. Have training on how to prevent, recognize, and respond to concussions among students?.....	1	2
i. Be employed by the school or school district?.....	1	2

105. Has your district adopted a policy stating that assistant coaches or volunteer athletic aides will complete a coaches' training course?

Yes.....	1
No.....	2
Schools in this district do not have assistant coaches/volunteer athletic aides.....	3

Commented [HELP81]: A volunteer athletic aide is a person who assists the coach, but is not paid for doing so. An aide may or may not be a school employee.

106. During the past two years, has your district provided any funding for professional development or offered professional development to coaches of interscholastic sports?

Yes.....	1
No.....	2

The next questions ask about concussions that might occur during interscholastic sports.

107. Has your district adopted a policy requiring that student athletes suspected of having a concussion be removed immediately from practice or competition?

Yes.....	1
No.....	2

Interscholastic Sports

108. Has your district adopted a policy requiring clearance by a healthcare provider before allowing student athletes to further participate in practice or competition after a suspected concussion?

- Yes1
 No.....2

109. Has your district adopted a policy that provides student athletes returning to class after a suspected concussion with necessary academic accommodations (i.e., a return-to-learn protocol)? For this question, only consider concussions among student athletes that required medical clearance by a healthcare provider and occurred as a result of school-sponsored athletic competition.

- Yes1
 No2

110. Has your district adopted a policy stating that student athletes who required medical clearance by a healthcare provider after a suspected concussion must successfully return to the classroom before returning to athletic participation?

- Yes1
 No.....2

111. Has your district adopted a policy requiring schools to conduct neurocognitive testing of student athletes before participation in interscholastic sports?

- Yes1
 No.....2

Commented [HELP82]: Neurocognitive testing tests the function of the brain to evaluate decision-making ability, reaction time, attention, and memory. Some of these tests can be conducted in the school setting by qualified and trained professionals such as nurses, school psychologists, and athletic trainers.

112. During the past 12 months, has your district...

- | | Yes | No |
|--|--------|--------|
| a. Provided educational materials to student athletes or their parents on preventing, recognizing, and responding to concussions?1 |1 |2 |
| b. Provided educational sessions to student athletes or their parents on preventing, recognizing, and responding to concussions?1 |1 |2 |

Physical Education Coordinator

113. Currently, does someone in your district oversee or coordinate physical education?

- Yes1
- No.....2

→That is the last question.
Thank you very much for taking the time to complete this questionnaire.

114. Are you this person?

- Yes1
- No.....2

→That is the last question.
Thank you very much for taking the time to complete this questionnaire.

The last questions ask about your educational background.

115. Do you have a degree (undergraduate major or minor or graduate degree) in the following areas?

MARK ALL THAT APPLY

- Physical education1
- Health education2
- Kinesiology, exercise physiology, or exercise science.....3
- None of these4

116. Are you certified, licensed, or endorsed by the state to teach physical education at the...

State does not offer certification, licensure, or endorsement to teach physical education at this level

- | | Yes | No | |
|-----------------------------------|-----|----|---|
| a. Elementary school level? | 1 | 2 | 3 |
| b. Middle school level? | 1 | 2 | 3 |
| c. High school level?..... | 1 | 2 | 3 |

Physical Education Coordinator

Thank you very much for taking the time to participate in this study.

If you would like more information about this study or would like clarification of any questions in this questionnaire, please call 800-287-1815.