

# In-School Prevention of Obesity and Disease Intervention

## Student Survey

What is the name of your school district? Select

What is the name of your school? Select

What is your last name? Type

1 During the past week, how often have you liked your physical education (PE) class?  
Never Not much Sometimes Often Always

2 During the past week, how often have you been bored in your physical education (PE) class?  
Never Not much Sometimes Often Always

3 I enjoy doing physical activity at school, such as recess, classroom energizers, sports, dance, and exercise.  
Never Not much Sometimes Often Always

4 I enjoy doing physical activity at home, such as gardening or yard work, sports, dance, and exercise.  
Never Not much Sometimes Often Always

5 I believe that I know how to do a variety of physical activities.  
Never Not much Sometimes Often Always

6 I believe that I have the skills I need to do many different physical activities.  
Never Not much Sometimes Often Always

7 During your physical education (PE) class, how many minutes do you spend actually exercising or playing sports?  
I do not take PE  
Less than 10 minutes  
10 minutes to 20 minutes  
21 to 30 minutes  
31 to 40 minutes  
41 to 50 minutes  
51 to 60 minutes  
More than 60 minutes

8 I obey the rules when I play games or sports in my physical education (PE) class.  
Never Not much Sometimes Often Always

11. Do you participate in any outside school activities such as sports, band, drama, clubs, S.O.S., etc.?  
Yes No

12. How would describe your behavior in school

a. Have you ever received any special awards or recognitions? Yes No

b. Have you ever gotten in trouble in school with a teacher? Yes No

c. Have you ever gotten in trouble in school with a principal? Yes No

d. Do you ever skip classes? Yes No

e. Have you ever been suspended or given detention? Yes No

13 How would you describe your grades in school?  
Mostly A's Mostly B's Mostly C's Mostly D's Mostly F's  
None of these grades Not sure

14 During the past week, on how many days were you physically active for at least 60 minutes per day? Add up all time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.  
0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days

15 On a school day, how much total time do you spend being physically active?  
I am not physically active on school days  
Less than 20 minutes  
20 minutes to 1 hour  
More than 1 hour and up to 2 hours  
More than 2 hours and up to 3 hours; 3 or more hours

16 On a Saturday or Sunday, how much total time do you spend being physically active?  
I am not physically active on a weekend day  
Less than 20 minutes  
20 minutes to 1 hour  
More than 1 hour and up to 2 hours  
More than 2 hours and up to 3 hours  
3 or more hours

17 On a school day, how many hours do you watch TV?  
I do not watch TV on a school day  
Less than 1 hour per day  
1 hour per day  
2 hours per day  
3 hours per day  
4 hours per day  
5 or more hours per day

18 On Saturday or Sunday, how many hours do you watch TV?  
I do not watch TV on Saturday or Sunday  
Less than 1 hour per day  
1 hour per day  
2 hours per day  
3 hours per day  
4 hours per day  
5 or more hours per day

19 During the past week, how much total time do you spend playing video games or using a computer for something that is not school work? Include activities such as Nintendo, Game Boy, Play Station, computer games, and the Internet?

I do not play video games or use a computer for non school work

Less than 1 hour per day

1 hour per day

2 hours per day

3 hours per day

4 hours per day

5 or more hours per day

20 During the past week, how many times do you eat fruit? Include raw, cooked, frozen, canned, or dried fruit, and 100% fruit juice.

I do not eat fruit 1 time 2 times 3 times 4 times 5 or more times

21 During the past week, how many times did you eat french fries?

I did not eat french fries during this past week

1 time 2 times 3 times 4 times 5 or more times

22 During the past week, how many times do you eat vegetables? Include raw, cooked, frozen, or canned vegetables, salad greens, and 100% vegetable juice, but do not count french fries.

I do not eat vegetables 1 time 2 times 3 times 4 times 5 or more times

23 During the past week, how many times do you drink a soft drink or sweetened beverage? Include soda, fruit drinks, sweet tea, punch, Kool-Aid, and sports drinks.

I do not drink soft drinks or sweetened beverages

1 time

2 times

3 times

4 times

5 or more times

24 During the past week, how many glasses of milk did you drink? Include the milk you drank in glass or cup, from a carton, or with cereal. Count the half pint milk served at school as equal to 1 glass.

I did not drink milk during the past week

1 glass per day

2 glasses per day

3 glasses per day

4 or more glasses per day

25 During the past week, on how many days did you eat breakfast?

0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days

26 During the past week, how many times did you eat dinner at home with your family?

0 times 1 time 2 times 3 times 4 times 5 times 6 times 7 times

27 On a school night, how many hours of sleep do you get?

4 or fewer hours 5 hours 6 hours 7 hours 8 hours 9 hours 10 or more hours

28 How do you describe your health?

Poor Fair Good Very good Excellent

29 How many days a week do you have PE class with the PE teacher/coach?

0 days 1 day 2 days 3 days 4 days 5 days

30 How many minutes long is your PE class?

Less than 20 minutes; 21-30 minutes; 31-40 minutes; more than 40 minutes

31 I feel welcome in my physical education (PE) class.

Never Not much Sometimes Often Always

32 When I need help in my physical education (PE) class other students offer assistance.

Never Not much Sometimes Often Always

33 I feel that my opinions are respected by other students and the teacher or coach in my physical education (PE) class.

Never Not much Sometimes Often Always

34. Do you have to wait in line to use PE equipment during class?

Never Not much Sometimes Often Always

35. Is your PE equipment in good condition?

Most of it, Some of it, None of it