



THE SCHOOL DISTRICT OF
PALM BEACH COUNTY, FLORIDA

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Contact Person:
Dannette Fitzgerald, PX 48978

ACTION BY:
February 29, 2012

TO: Middle and High School Principals

FROM: Judith Klinek 
Chief Academic Officer

SUBJECT: SCHOOL HEALTH PROFILES SURVEY FOR PE TEACHERS

Since 1997, the School District of Palm Beach County has maintained a grant with the Centers for Disease Control and Prevention (CDC). The grant is under the auspices of the Department of Curriculum. Staff members partner with science administrators to expand and address the Human Growth and Development Curricula as well as other related health issues.

One requirement of this grant is an evaluation. A survey, *School Health Profiles Lead Physical Education Teacher Questionnaire*, will be initiated this year, to be subsequently administered biennially. Along with the *School Health Profiles School Principal Questionnaire* and *Lead Health Teacher Questionnaire*, the data collected are used to assist with programs and policies for P.E., health education, health services, and Human Growth and Development Curricula.

All middle and high school physical education department instructional leaders/contacts (or their designees) are asked to participate in this survey. Each school receives one scannable survey and a cover letter (copy of documents attached). Participation is voluntary, however, completed and returned surveys will help provide accurate data representative of the District.

Individual responses will be kept confidential, and at no time will your identity, school, or community be disclosed. The identifying information requested will be used only for contacting you to clarify information you provide, if necessary.

The following is provided to explain survey terminology.

- ❖ Some questions refer to a "school policy." School District policy or state statutes would be considered a policy for each school.
- ❖ Some questions refer to physical education requirements, tobacco prevention policies, and health services. You could refer these questions to your school nurse for health

services, a P.E. teacher, or the District Food Service Department for vending machine questions.

Questions may be directed to Dannette Fitzgerald, CDC Grant Program Planner, Department of K-12 Curriculum, at (561) 434-8978 (PX 48978) or dannette.fitzgerald@palmbeachschools.org. Please return the completed survey in the pre-addressed Pony envelope provided by **Wednesday, February 29, 2012**.

EWG:JK:JA:LP:DF:WPS:al

Attachment

Scannable survey & cover letter for Physical Education Department Contacts sent via Pony

Approved: _____



E. Wayne Gent, Superintendent

**2012 SCHOOL HEALTH PROFILES
LEAD PHYSICAL EDUCATION TEACHER QUESTIONNAIRE**

This questionnaire will be used to assess school physical education across your state or school district. Your cooperation is essential for making the results of this survey comprehensive, accurate, and timely. Your answers will be kept confidential.

INSTRUCTIONS

1. This questionnaire should be completed by the **lead physical education teacher** (or the person acting in that capacity) and concerns only activities that occur in the school listed below. Please consult with other people if you are not sure of an answer.
2. Please use a #2 pencil to fill in the answer circles completely. Do not fold, bend, or staple this questionnaire or mark outside the answer circles.
3. Follow the instructions for each question.
4. Write any additional comments you wish to make at the end of this questionnaire.
5. Return the questionnaire in the envelope provided.

Person completing this questionnaire

Name: _____
Title: _____
School name: _____
District: _____
Telephone number: _____

To be completed by the SEA or LEA conducting the survey

School name: _____

Survey ID			
0	0	0	0
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9

2012 SCHOOL HEALTH PROFILES

LEAD PHYSICAL EDUCATION TEACHER QUESTIONNAIRE

REQUIRED PHYSICAL EDUCATION

(Definition: Required physical education is defined as instruction that helps students develop the knowledge, attitudes, skills, and confidence needed to adopt and maintain a physically active lifestyle that students must receive for graduation or promotion from your school.)

1. Is physical education required for students in any of grades 6 through 12 in your school? (Mark one response.)

- Ⓐ Yes
- Ⓑ No → **Skip to Question 3**

2. Can students be exempted from taking required physical education for one grading period or longer for each of the following reasons? (Mark yes or no for each reason.)

Reason	Yes	No
a. Enrollment in other courses (e.g., math or science).....	0	0
b. Participation in school sports	0	0
c. Participation in school activities other than sports (e.g., band, chorus, or JROTC)	0	0
d. Participation in community sports activities.....	0	0
e. Participation in community service activities	0	0
f. Religious reasons	0	0
g. Long-term physical or medical disability	0	0
h. Cognitive disability	0	0
i. Achievement of positive, passing, or high physical fitness test scores	0	0
j. Participation in vocational training	0	0

STANDARDS AND CURRICULUM

3. Does your school follow any national, state, or district physical education standards? These standards might cover student expectations and performance outcomes for physical education. (Mark one response.)

- Ⓐ Yes
- Ⓑ No → **Skip to Question 5**

4. Do your school’s standards for physical education specifically address the following? (Mark yes or no for each outcome.)

	Yes	No
a. Competence in motor skills and movement patterns needed to perform a variety of physical activities	0	0
b. Understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities	0	0
c. Regular participation in physical activity	0	0
d. Achievement and maintenance of a health-enhancing level of physical fitness.....	0	0
e. Responsible personal and social behavior that respects self and others in physical activity settings.....	0	0
f. Value for physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.....	0	0

5. Do teachers in your school use the following resources when planning to teach or teaching physical education classes? (Mark yes or no for each resource.)

Resource	Yes	No
a. Any state-developed curricula for physical education.....	0	0
b. Any district-developed curricula for physical education	0	0
c. Any school-developed curricula for physical education.....	0	0
d. Any commercially developed curricula for physical education	0	0
e. Internet resources, such as PE Central or the National Association for Sport and Physical Education (NASPE) Teacher’s Toolbox	0	0

6. Does your school have a written curriculum for physical education? (Mark one response.)

- Ⓐ Yes
- Ⓑ No → **Skip to Question 8**

7. Does your physical education curriculum include the following components? (Mark yes or no for each component.)

Component	Yes	No
a. Learning objectives or benchmarks	0	0
b. Lesson plans or learning activities	0	0
c. Plans or tools for assessing or evaluating students in physical education.....	0	0

8. Has your school ever used a curriculum analysis tool such as the Physical Education Curriculum Analysis Tool (PECAT) to assess one or more physical education curricula? (Mark one response.)

- Ⓐ Yes
- Ⓑ No

INSTRUCTION

9. Which of the following best describes the typical student-to-teacher ratio in physical education classes at your school? (Mark one response.)

- Ⓐ 19 or fewer students per teacher
- Ⓑ 20 to 29 students per teacher
- Ⓒ 30 to 39 students per teacher
- Ⓓ 40 to 49 students per teacher
- Ⓔ 50 or more students per teacher

10. Which of the following statements best describes how physical education is taught at your school to students with long-term physical, medical, or cognitive disabilities? (Mark one response.)

- Ⓐ Our school does not have any students with long-term physical, medical, or cognitive disabilities
- Ⓑ Students with disabilities participate in regular physical education only
- Ⓒ Students with disabilities participate in adapted physical education only (i.e., separate from regular physical education)
- Ⓓ Students with disabilities participate in both adapted and regular physical education

11. Does your school offer any physical education courses that are taught...

	Yes	No
a. Online only?	0	0
b. Partially online and partially in-person?	0	0

12. **During this school year, did teachers in your school teach each of the following activities in a physical education class for students in any of grades 6 through 12? Please mark “yes” if teachers taught the activity itself, lead-up skills, skills specific to the activity, or modified versions of the activity.** (Mark yes or no for each activity.)

	Activity	Yes	No
a.	Aerobics (e.g., step or low impact)	0	0
b.	Badminton.....	0	0
c.	Baseball, softball, or whiffleball	0	0
d.	Basketball.....	0	0
e.	Bowling.....	0	0
f.	Canoeing or kayaking	0	0
g.	Cardiovascular exercise machines (e.g., rowers, stair climbers, treadmills, or stationary bikes).....	0	0
h.	Climbing walls	0	0
i.	Dance (e.g., ballroom, folk, jazz, or square dance)	0	0
j.	Dodgeball or bombardment	0	0
k.	Football (e.g., touch or flag football).....	0	0
l.	Frisbee, Frisbee golf, or ultimate Frisbee	0	0
m.	Golf	0	0
n.	Hiking, backpacking, or orienteering.....	0	0
o.	Hockey (e.g., field, floor, roller, or ice hockey)	0	0
p.	Kickball.....	0	0
q.	Martial arts	0	0
r.	Non-stationary bicycling.....	0	0
s.	Racquet sports other than tennis (e.g., racquetball, squash, or paddleball)	0	0
t.	Running or jogging	0	0
u.	Soccer.....	0	0
v.	Skating (e.g., roller, in-line, or ice skating, or skateboarding)	0	0
w.	Student-designed games.....	0	0
x.	Swimming.....	0	0
y.	Tennis.....	0	0
z.	Track and field	0	0
aa.	Volleyball.....	0	0
bb.	Walking.....	0	0
cc.	Weight training	0	0
dd.	Yoga.....	0	0

- 13. During this school year, did teachers in your school teach each of the following topics in a physical education class for students in any of grades 6 through 12? (Mark yes or no for each topic.)**

	Topic	Yes	No
a.	Physical, psychological, or social benefits of physical activity	0	0
b.	Health-related fitness (i.e., cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, and body composition)	0	0
c.	Phases of a workout (i.e., warm-up, workout, and cool down)	0	0
d.	How much physical activity is enough (i.e., determining frequency, intensity, time, and type of physical activity)	0	0
e.	Developing an individualized physical activity plan	0	0
f.	Monitoring progress toward reaching goals in an individualized physical activity plan	0	0
g.	Overcoming barriers to physical activity	0	0
h.	Opportunities for physical activity in the community	0	0
i.	Preventing injury during physical activity	0	0
j.	Weather-related safety (e.g., avoiding heat stroke, hypothermia, and sunburn while physically active).....	0	0
k.	Dangers of using performance-enhancing drugs (e.g., steroids)	0	0
l.	The difference between physical activity, exercise, and fitness	0	0
m.	The difference between moderate and vigorous physical activity	0	0
n.	The role of physical activity in reducing risk for chronic diseases (e.g., diabetes, heart disease, and osteoporosis).....	0	0
o.	Skill-related fitness (i.e., agility, power, balance, speed, and coordination)	0	0
p.	Mechanics of movement (e.g., the role of muscles in movement, force absorption, or throwing mechanisms).....	0	0
q.	Setting goals for physical activity participation.....	0	0
r.	How to find valid information, services, and products related to physical activity and fitness	0	0
s.	Balancing food intake and physical activity	0	0

- 14. When preparing lessons for a physical education class, what percent of time do teachers in your school typically allocate for students to be physically active? (Mark one response.)**

- (a) Teachers in this school do not allocate a specific percent of time for students to be physically active
- (b) 0 to 24%
- (c) 25 to 49%
- (d) 50 to 74%
- (e) 75 to 100%

15. Do teachers in your school use the following technology when teaching physical education? (Mark yes or no for each item.)

Technology	Yes	No
a. Computers	0	0
b. Video cameras	0	0
c. Web-based data collection and reporting system.....	0	0
d. Follow-along videos or DVDs	0	0
e. Physical activity monitoring devices (e.g., pedometers or heart rate monitors).....	0	0
f. Active gaming (e.g., Wii Fit or Dance Dance Revolution)	0	0

16. Does your school collect information on student weight status using body mass index or other methods as part of physical education? (Mark one response.)

- Ⓐ Yes
- Ⓑ No

STUDENT ASSESSMENT

17. Do teachers in your school use each of the following criteria to assess students in physical education? (Mark yes or no for each criterion.)

Criterion	Yes	No
a. Attendance	0	0
b. Wearing appropriate clothing for physical activity	0	0
c. Level of participation	0	0
d. Attitude	0	0
e. Knowledge tests	0	0
f. Movement skills performance tests	0	0
g. Physical fitness tests	0	0
h. Level of physical activity outside of physical education class, as measured by physical activity logs, pedometers, or other measures	0	0
i. Quality of student's individualized physical activity plan.....	0	0

18. Are grades for physical education considered the same as those from other subject areas when determining grade point averages, honor roll status, or other indicators of academic standing? (Mark one response.)

- Ⓐ Yes
- Ⓑ No

19. Which of the following fitness tests does your school use to test students' fitness levels? (Mark one response.)

- Ⓐ Our school does not use fitness tests → **Skip to Question 23**
- Ⓑ Fitnessgram
- Ⓒ The Physical Fitness Test, from the President's Challenge
- Ⓓ Other fitness test

20. Does your school compare students' fitness test scores to each of the following? (Mark yes or no for each.)

	Yes	No
a. National, state, or local criterion-referenced standards (standards considered to be consistent with good health for the student's age and gender).....	0	0
b. National, state, or local normative standards (standards relative to the performance of children in a reference group).....	0	0
c. The students' prior fitness test scores.....	0	0
d. The students' fitness goals.....	0	0

21. Do physical education teachers in your school schedule time during physical education class for students to practice for the fitness tests? (Mark one response.)

- Ⓐ Yes
- Ⓑ No

22. Does your school provide students with an explanation of what their fitness tests scores mean? (Mark one response.)

- Ⓐ Yes
- Ⓑ No

INTRAMURAL SPORTS PROGRAMS OR PHYSICAL ACTIVITY CLUBS
(Definition: Intramural sports programs or physical activity clubs are any physical activity programs that are voluntary for students, in which students are given an equal opportunity to participate regardless of physical ability.)

23. Does your school offer opportunities for all students to participate in intramural sports programs or physical activity clubs? (Mark one response.)

- Ⓐ Yes
- Ⓑ No → **Skip to Question 25**

24. Are any of the following intramural sports or physical activity clubs offered to students at your school? (Mark yes or no for each sport.)

Sport	Yes	No
a. Baseball, softball, or whiffleball.....	0	0
b. Basketball.....	0	0
c. Cardiovascular fitness.....	0	0
d. Dance (e.g., ballroom, folk, jazz, or square dance)	0	0
e. Football (e.g., touch or flag football).....	0	0
f. Frisbee, Frisbee golf, or ultimate Frisbee	0	0
g. Hiking, backpacking, or orienteering.....	0	0
h. Martial arts	0	0
i. Rock climbing.....	0	0
j. Running or jogging	0	0
k. Soccer.....	0	0
l. Swimming, diving, or water polo	0	0
m. Tennis.....	0	0
n. Volleyball.....	0	0
o. Walking.....	0	0
p. Weight training	0	0
q. Yoga.....	0	0

STAFFING, PROFESSIONAL PREPARATION, AND PROFESSIONAL DEVELOPMENT

25. Currently, does one person at your school oversee and coordinate all physical activity programming before, during, and after the school day, including physical education, school-based physical activity opportunities (e.g., classroom-based physical activity), and intramural sports or physical activity clubs? (Mark one response.)

- Ⓐ Yes
- Ⓑ No → **Skip to Question 27**

26. What is this person’s role at your school? (Mark one response.)

- Ⓐ Physical education teacher
- Ⓑ Activities director
- Ⓒ Athletic director
- Ⓓ School administrator
- Ⓔ Other school staff

27. **What was the major emphasis of your professional preparation?** (Mark one response.)

- (a) Health and physical education combined
- (b) Physical education
- (c) Health education
- (d) Other education degree
- (e) Kinesiology, exercise science, or exercise physiology
- (f) Other

28. **Currently, are you certified, licensed, or endorsed by the state to teach physical education in middle school or high school?** (Mark one response.)

- (a) Yes
- (b) No

29. **During the past two years, did you receive professional development (e.g., workshops, conferences, continuing education, or any other kind of in-service) on each of the following topics?** (Mark yes or no for each topic.)

Topic	Yes	No
a. Methods to increase the amount of class time students are engaged in moderate-to-vigorous physical activity	0	0
b. Using technology such as computers or video cameras for physical education	0	0
c. Using physical activity monitoring devices, such as pedometers or heart rate monitors for physical education	0	0
d. Administering or using fitness tests	0	0
e. Helping students develop individualized physical activity plans	0	0
f. Teaching physical education to students with long-term physical, medical, or cognitive disabilities	0	0
g. Teaching individual or paired activities or sports	0	0
h. Teaching team or group activities or sports	0	0
i. Teaching movement skills and concepts	0	0
j. Assessing or evaluating student performance in physical education	0	0
k. Teaching methods to promote inclusion and active participation of overweight and obese children during physical education	0	0
l. Chronic health conditions (e.g., asthma or diabetes), including recognizing and responding to severe symptoms or reducing triggers	0	0
m. Methods for developing, implementing, and evaluating intramural sports programs or physical activity clubs	0	0
n. Establishing walking or biking to school programs	0	0
o. Assessing student weight status using body mass index or other methods	0	0
p. Aligning physical education standards to curriculum, instruction, or student assessment	0	0
q. Teaching online or distance education courses	0	0

30. Would you like to receive professional development on each of these topics?
 (Mark yes or no for each topic.)

Topic	Yes	No
a. Methods to increase the amount of class time students are engaged in moderate-to-vigorous physical activity	0	0
b. Using technology such as computers or video cameras for physical education	0	0
c. Using physical activity monitoring devices, such as pedometers or heart rate monitors for physical education	0	0
d. Administering or using fitness tests	0	0
e. Helping students develop individualized physical activity plans	0	0
f. Teaching physical education to students with long-term physical, medical, or cognitive disabilities	0	0
g. Teaching individual or paired activities or sports.....	0	0
h. Teaching team or group activities or sports.....	0	0
i. Teaching movement skills and concepts.....	0	0
j. Assessing or evaluating student performance in physical education....	0	0
k. Teaching methods to promote inclusion and active participation of overweight and obese children during physical education.....	0	0
l. Chronic health conditions (e.g., asthma or diabetes), including recognizing and responding to severe symptoms or reducing triggers	0	0
m. Methods for developing, implementing, and evaluating intramural sports programs or physical activity clubs	0	0
n. Establishing walking or biking to school programs.....	0	0
o. Assessing student weight status using body mass index or other methods	0	0
p. Aligning physical education standards to curriculum, instruction, or student assessment.....	0	0
q. Teaching online or distance education courses.....	0	0

Thank you for your responses. Please return this questionnaire.