



Student Name: \_\_\_\_\_ Age: \_\_\_\_ Gender: M / F Date: \_\_\_\_\_

Please take a moment and answer the following questions as best you can.

**THE FOLLOWING QUESTIONS RELATE TO YOU IN SEMESTER 1  
WITH A PHYS ED 10 CLASS**

1. During this semester with a Physical Education class, how easy was it to achieve your DPA requirements in the school week?

<input type="checkbox"/> Very Hard	<input type="checkbox"/> Hard	<input type="checkbox"/> Ok	<input type="checkbox"/> Easy	<input type="checkbox"/> Very Easy
0-1 day a week	Usually 2 days a week	Usually 3 days a week	Usually 4 days a week	Usually 5 days a week

2. Check off the box that best describes how much of your DPA in semester 1 came from your Phys. Ed class?

<input type="checkbox"/> Very little I get a lot of DPA from other events	<input type="checkbox"/> Some of it	<input type="checkbox"/> Approximately half of it	<input type="checkbox"/> Almost all of it
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3. Check off all of the following that helped you achieve your DPA during semester 1:

<input type="checkbox"/> Phys. Ed class	<input type="checkbox"/> Team sports	<input type="checkbox"/> School intramurals
<input type="checkbox"/> Exercise programs outside of school	<input type="checkbox"/> Recreation with friends/family	<input type="checkbox"/> Biking/skateboarding to/from school
<input type="checkbox"/> Other (please describe):		

4. Did you make a plan/goal during semester 1 on ways to achieve your DPA?

- Yes  
 No

5. During semester 1, how much time have you spent thinking about ways to achieve your DPA during the school week?

<input type="checkbox"/> None	<input type="checkbox"/> Little	<input type="checkbox"/> Some	<input type="checkbox"/> Enough	<input type="checkbox"/> A lot
No time	It may have crossed my mind once or twice	Maybe 5-10 minutes on some days	Around 5-10 minutes on most days	Around 10-15 minutes on most days

6. Which of the following would best describe your daily physical activity level during the school week (include all activities that you do, PE included)?

- I am very active (60+ minutes of moderate-vigorous activity time)  
 I am active (45-59 minutes of moderate-vigorous activity time)  
 I am somewhat active (30-44 minutes of moderate-vigorous activity time)  
 I am not very active (0-29 minutes of moderate-vigorous activity time)

7. Are you more active during the school week or on the weekends?

- School week  
 Weekends



8. Which of the following would best describe your daily physical activity level during the weekend?

- I am very active (60+ minutes of moderate-vigorous activity time)
- I am active (45-59 minutes of moderate-vigorous activity time)
- I am somewhat active (30-44 minutes of moderate-vigorous activity time)
- I am not very active (0-29 minutes of moderate-vigorous activity time)

9. Check off any of the following activities that you have done in your Phys. Ed classes (grades 8-10) that you regularly participate in outside of school:

<input type="checkbox"/> Team Sports(basketball, volleyball, soccer, etc)	<input type="checkbox"/> Individual Sport (badminton, racquetball, golf, swimming, etc)	<input type="checkbox"/> Personal fitness (weight training, jogging, yoga, etc)
<input type="checkbox"/> Dance	<input type="checkbox"/> Recreation (non-planned activity like swimming, shooting hoops, etc)	<input type="checkbox"/> Gymnastics
<input type="checkbox"/> Other (please describe):		

10. How challenging do you think it will be to achieve your DPA during semester 2 when you do not have a Phys. Ed class?

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Very challenging I have no idea what I'll do without PE class	Challenging I am not very active so I'll need to do a lot more	Ok I am not very active so I'll need to do more	Easy I am active but need to do a bit more	Very easy I am very active outside of PE class

11. In point form write down some ways on how you plan to achieve your DPA during semester 2:

Thank you very much for taking the time to complete this questionnaire and participate in this project. We all greatly appreciate your efforts and look forward to working with you during the second stage of the project in semester 2.