

SUPPLEMENTAL MATERIAL

This file includes the text for the questions used to create the Comprehensive School Physical Activity Program implementation and principal support construct variables.

COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM IMPLEMENTATION

The following questions will ask about the degree to which your school engages in components of Comprehensive School Physical Activity Programming (CSPAP). A CSPAP includes quality Physical Education, physical activity during school, physical activity before and after school, staff involvement and family and community engagement components.

Physical Education provides students with a planned, sequential K-12 standards-based program of curricula and instruction designed to develop motor skills, knowledge, and behaviors for healthy active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence. The essential components of a physical education program include policies and environment, curriculum, appropriate instruction and student assessment.

To what degree does your program implement the components of quality Physical Education programming?

- ☐ Fully
- ☐ Partially
- ☐ Not at all

To what degree does your program implement the components of physical activity before and after school (walk/bike to school promotion, intramurals, physical activity clubs, etc.)?

- ☐ Fully
- ☐ Partially
- ☐ Not at all

To what degree does your program implement the components of physical activity during school (quality recess programming, classroom activity breaks, etc.)?

- ☐ Fully
- ☐ Partially
- ☐ Not at all

To what degree does your program implement the components of family and community engagement (serving on wellness committee, engaging in evening or weekend special activity events, Physical Education or physical activity volunteers, etc.)?

- ☐ Fully
- ☐ Partially
- ☐ Not at all

To what degree does your program implement the components of staff involvement (staff wellness committee, active school wellness team, support of pursuits to integrate physical activity in school, etc.)?

- ☐ Fully
- ☐ Partially
- ☐ Not at all

PRINCIPAL SUPPORT

Physical Education, Physical Activity, and School Wellness Support and Satisfaction: The following questions provide information about the level of support for Physical Education, physical activity, and school wellness provided by the principal/administrator in your school.

How supportive is your school principal/administrator with regards to Physical Education?

- ☐ Very supportive
- ☐ Somewhat supportive
- ☐ Not very supportive

How supportive is your school principal/administrator with physical activity promotion?

- ☐ Very supportive
- ☐ Somewhat supportive
- ☐ Not very supportive

How supportive is your school principal/administrator with regards to overall promotion of school wellness?

- ☐ Very supportive
- ☐ Somewhat supportive
- ☐ Not very supportive