



STUDENT QUESTIONNAIRE

Hello, we are a group of researchers from the Pontifical Catholic University of Valparaíso and the Universidad de la Frontera, and we ask that you answer this questionnaire honestly. Your answers will help us understand what is happening regarding physical activity in schools.

1. Personal Information

1.1 Name and surname (Capital letters): _____

1.2 Name of the educational establishment: _____

1.3 Commune and Region: _____

1.4 Date of birth: ____/____/____

1.5 Age:

1.6 What grade are you in: _____

1.7 Biological Sex: Female ☐

Male ☐

1.8 Today's Date ____/____/____

2. Family Assets Scale FAS III

Mark your answer with an "X"

2.1 Does your family own a car or other motorized vehicle? No ☐ Yes ☐ How many?

2.2 Do you have your room? ☐ No ☐ Yes

2.3 How many computers purchased by your family do you own? (Include desktop PCs, notebooks, and tablets; do not include video game consoles or cell phones.)

☐ None ☐ One ☐ Two ☐ Three ☐ More than three

2.4 How many bathrooms (room with bath/shower or both) are there in your house?

☐ None ☐ One ☐ Two ☐ More than two

2.5 Does your family have a dishwasher (electric dishwasher)? ☐ No ☐ Yes



2.6 How many times have you and your family travelled abroad for holidays/vacations in the last year?

☐ None ☐ One ☐ Two ☐ More than two

3. Scrolling mode

3.1 How do you usually get to school? Mark with an "X"



3.1.1 IDA

☐
☐
☐
☐
☐
☐

3.1.2 RETURN

☐
☐
☐
☐
☐
☐

3.2 How far do you travel from your home to school?

Less than 5
blocks

☐

Between 5 to
10 blocks

☐

Between 10 to
20 blocks

☐

Between 20 to
30 blocks

☐

Between 30 to
50 blocks

☐

More than
50 blocks

☐

3.3 How long does it take you from your home to school?

Less than 15 min

☐

From 15 to 30 min

☐

30 to 60 min

☐

More than 60 min

☐

3.4 Who do you go to school with?

	With my father	With my mother	With my friends	With my grandfather/g grandmother	Alone	With neighbors	With my brother/sister	Another adult
3.4.1 IDA	☐	☐	☐	☐	☐	☐	☐	☐
3.4.2 RETURN	☐	☐	☐	☐	☐	☐	☐	☐

4. Youth Activity Profile (YAP)

4.1 How many days a week do you have Physical Education classes? _____

4.2 How many breaks do you have per day? _____

4.3 In general, do you enjoy doing physical activity?

Nothing

☐

Bit

☐

Something

☐

Quite

☐

A lot

☐

4.4 Do you enjoy Physical Education classes ?

Nothing

☐

Bit

☐

Something

☐

Quite

☐

A lot

☐

4.5 How many days did you walk or bike to school? (If you can't remember exactly, try to select the most appropriate answer.)

Zero (none)

☐

One day

☐

Two days

☐

Three days

☐

Four days

☐

Five days

☐

4.12 How much physical activity did you do over the weekend? (This includes physical exercise, housework, family outings (walks), sports, dancing, or games. If you can't remember exactly, try to select the most appropriate answer.)

No physical activity (0 min)	Very little physical activity (1-30 min)	A medium amount of physical activity (31-59 min)	Lots of physical activity (1-2 hours)	A lot of physical activity (more than 2 hours)
☐	☐	☐	☐	☐

4.13 On school days, how much time did you spend **watching television** outside of school? (Include time spent watching movies, series, or sports, but NOT playing video games)

I didn't watch any television	I watched TV less than 1 hour a day	I watched TV between 1-2 hours a day	I watched TV more than 2 to 3 hours a day	I watched TV more than 3 hours a day
☐	☐	☐	☐	☐

4.14 How much time did you spend **playing video games** outside of school? (Includes playing Nintendo Switch, Xbox, PlayStation, games on your cell phone, tablets/iPad, or other consoles. Do not include computer games.)

I don't play video games	Less than 1 hour a day	Between 1-2 hours a day	More than 2 hours and up to 3 hours a day	More than 3 hours a day
☐	☐	☐	☐	☐

4.15 How much time did you **use the computer** outside of school? (This does NOT include time spent doing homework, but it DOES include time on YouTube, chatting, playing video games, watching TV shows, etc.)

I did not use the computer for these activities.	Less than 1 hour a day	Between 1-2 hours a day	More than 2 hours and up to 3 hours a day	More than 3 hours a day
☐	☐	☐	☐	☐

4.16 How much time did you **use your mobile phone** outside of school? (Include time spent talking on the phone, chatting, watching TikTok, Instagram, etc.). If you don't have a phone and never use your parents' or a friend's phone, select "I never used a mobile phone."

I didn't use the mobile phone	Less than 1 hour a day	Between 1-2 hours a day	More than 2 hours and up to 3 hours a day	More than 3 hours a day
☐	☐	☐	☐	☐

4.17 In your free time, which of the following best describes your **sedentary habits** at home? Sedentary habits = time spent sitting or lying awake in a typical week:

I'm barely sitting/lying down	I am sitting/lying down for a short time	I sit/lie down an average amount	I sit/lie down for a long time	I am sitting/lying down almost all the time
☐	☐	☐	☐	☐

5. Self-assessment questionnaire on physical condition and quality of life

Think about your fitness level (compared to your friends) and choose the most appropriate option for each question.

5.1 My general physical condition is:

Very bad

☐

Bad

☐

Acceptable

☐

Good

☐

Very good

☐

5.2 My cardiorespiratory fitness (ability to exercise, e.g., running for a long time) is:

Very bad

☐

Bad

☐

Acceptable

☐

Good

☐

Very good

☐

5.3 My muscle strength is:

Very bad

☐

Bad

☐

Acceptable

☐

Good

☐

Very good

☐

5.4 My speed/agility is :

Very bad

☐

Bad

☐

Acceptable

☐

Good

☐

Very good

☐

5.5 My flexibility is:

Very bad

☐

Bad

☐

Acceptable

☐

Good

☐

Very good

☐

6. Family Support Scale for Physical Activity

How often does **someone in your family** : (For example, your father, mother, brother, sister, grandparent, or other relatives).

Mark with an "X"

	Never (0)	Someti mes (1)	Regularl y (2)	Almost always (3)	Always (4)
6.1 Will he/she watch you practice physical activity or sport?					
6.2 Does it encourage you to do sports or physical activity?					
6.3 Does it transport you to a place where you can do physical activity or play sports?					
6.4 Does he/she do physical activity or sports with you?					
6.5 How often do people talk to you about the importance of physical activity?					

	Yea h	No
6.6 Do you have sports equipment at home for physical activity? (ball, jump rope, weights, elastic bands, etc.)		

7. Scale of support from friends for physical activity

How often?	Never (0)	Someti mes (1)	Regular ly (2)	Almost always (3)	Always (4)
7.1 Do your friends encourage you to do sports or physical activity?					
7.2 Do your friends do physical activity or sports with you?					
7.3 Do your friends or classmates make fun of you because you are not good at practicing physical activity or sports?					
7.4 Do your friends tell you that you are doing well when you practice physical activity or sport?					

8. Written Evaluation of Schoolchildren on some areas

Scope: Alternative physical motor activities in the natural environment

8.1 According to <u>alternative motor activities</u> , how often do the following actions occur?	Never	Someti mes	Almost always	Always
8.1.1 At my establishment, I have the opportunity to demonstrate alternative motor activities such as skateboarding, cycling, climbing, among others.				
8.1.2 At my establishment, I have the opportunity to demonstrate alternative motor activities such as skateboarding, cycling, climbing, among others.				
8.1.3 In physical education classes, I learn about other sports options that I can practice outside of school in my free time.				
8.1.4 My educational institution offers physical activities in contact with nature to do on weekends.				

Area : Expressive-motor skills

8.2 Regarding the frequency of developing motor expression activities, choose an alternative.

	Always	Most of the times	Rarely	Never
8.2.1 During classes I have the space to demonstrate my expressive skills such as traditional or contemporary dances.				
8.2.2 With what I learned in class, I feel I can participate recreationally in traditional Chilean dances.				
8.2.3 I can choose a popular, traditional or emerging motor expression activity to develop during classes.				
8.2.4 I have everything I need at the facility to prepare or rehearse a motor expression or dance assessment.				

Scope – School infrastructure and context

8.3 How much do you agree with the following statements regarding the physical or sports activities that take place in your establishment :

	I totally agree.	OK	In disagreement	Very in disagreement
8.3.1 At my school there are physical activity and sports programs that interest me.				
8.3.2 The majority of the school's students are enrolled or participating in the sports activities offered.				
8.3.3 Most students enjoy the sports activities offered by the school.				

8.4 How much do you agree with the following statements regarding **the purpose of the physical activities** carried out in your educational establishment?

	I totally agree.	OK	In disagreement	Very in disagreement
8.4.1 In my educational establishment, physical activities have a recreational purpose (the only thing that matters is having a good time and enjoying yourself).				
8.4.2 In my educational establishment, physical activities have a competitive purpose (the only thing that matters is winning and achieving).				

Scope – School infrastructure and context

8.4 How much do you agree with the following statements regarding the purpose of physical activities? that are developed in your educational establishment?	I totally agree.	OK	In disagreement	Very in disagreement
8.4.3 In my educational establishment, physical activities are intended to achieve healthier lifestyle habits (feel better).				
8.4.4 In my educational establishment, physical activities do not have a defined purpose, they are improvised.				

8.5 How often are the following types of Self-Care promotion activities organized in your educational establishment?	Always	Regularly	Sometimes	Never
8.5.1 During the year at my school, talks promoting physical activity are organized for students.				
8.5.2 In my physical education classes, we discuss self-care habits.				
8.5.3 With my course, we organize fairs to promote self-care habits.				
8.5.4 The educational institution organizes talks on self-care habits for parents.				

Scope – Physical Education Didactics

8.6 <u>During Physical Education class</u> , how often does your physical education teacher perform the following actions?	Always	Regularly	Sometimes	Never
8.6.1 Explains the importance of exercising every time we perform demanding physical activities.				
8.6.2 Explain the importance of physical exercise for health.				
8.6.3 It offers us help when physical exercises are difficult.				
8.6.4 It gives us advice on taking care of our body and maintaining a healthy life.				

Scope – Physical Education Didactics

8.7 During Physical Education class, how often does your physical education teacher perform the following actions?

	Always	Regularly	Sometimes	Never
8.7.1 Explain the objective of the class and organize the practical activities so that everyone participates.				
8.7.2 Respect individual differences and students' efforts.				
8.7.3 Provide timely and advance notice of in-class assessments.				
8.7.4 Feedback is provided and any mistakes I make in the evaluations are explained.				
8.7.5 Classes are adjusted to the needs and interests of students, when necessary.				
8.7.6 The class appears to be well planned and organized.				

9. Evaluation of physical activity policies in schools - Recreation and active leisure

9.1 To what extent do students have opportunities to **participate in active recess** at their school? For example:

	I totally agree.	OK	In disagreement	Very in disagreement
9.1.1 Is active recess scheduled daily during the school day?				
9.1.2 Is there a playground or safe open space to play in?				
9.1.3 Is equal access to safe spaces and facilities provided to all students?				
9.1.4 Are there fixed and mobile equipment that students can use during breaks?				
9.1.5 Is there sufficient equipment for all students to be active?				
9.1.6 Are there opportunities for students to be active even in bad weather (rain, cold, heat)?				
9.1.7 Are there organized activities for students during breaks?				
9.1.8 Are there adults or peer leaders supervising the activities?				
9.1.9 Are there any physical activity-based challenges that students can participate in?				



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