



INSTRUCTIONS

Please answer all the questions as honestly and carefully as possible. There are no right or wrong answers so please answer as you truly feel. If anything is confusing, please ask for help by raising your hand and the researcher will assist you. We are interested in your participation in sports and exercise in your leisure time, in your physical education classes and your feelings and views while participating in sports/exercise and physical education in school.

Section A: Section A

A1. Enter the date of your birth :

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A2.

How old are you? (Please write your age in years and months)

Years

--	--	--	--	--	--	--	--	--	--

A3.

How old are you? (Please write your age in years and months)

Months

--	--	--	--	--	--	--	--	--	--

A4. Are you a boy or a girl? :

Boy ☐

Girl ☐

Other Answer ☐

I don't want to Answer ☐

A5. How many brothers and sisters do you have in total ?

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A6. What is your country where you live now?

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A7. What is your town where you live now?

A8. Which of the following is the country of your birth?

Britain / UK ☐

France ☐

Germany ☐

Greece ☐

Italy ☐

Spain ☐

Turkey ☐

Other ☐

A9. If other which country?

A10. If other, how many years do you live in the current country?

Per favore, inserisci il numero di anni.

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A11. What is your ethnicity?

British/UK ☐

French ☐

German ☐

Greek ☐

Italian ☐

Spanish ☐

Turkish ☐

Other ☐

A12. If other what?



A13. School level :

- Primary ☐
- Secondary ☐
- College ☐
- I don't want to Answer ☐

A14. Year group

- 1 ☐
- 2 ☐
- 3 ☐
- 4 ☐
- 5 ☐
- 6 ☐
- 7 ☐
- 8 ☐
- 9 ☐
- 10 ☐
- 11 ☐
- 12 ☐

A15. School Name (Please, name your school):

A16. How many computers (PCs, Macs or laptops) does your family own?

- None ☐
- One ☐
- Two ☐
- More than two ☐
- I don't want to Answer ☐



A17. Does your family own a car, van or truck?

No ☐

Yes, one ☐

Yes, two or more ☐

I don't want to Answer ☐

A18. Do you have your own bedroom to yourself?

Yes ☐

No ☐

A19. During the past 12 months, how many times did you travel away on holiday with your family?

Not at all ☐

Once ☐

Twice ☐

More than twice ☐

I don't want to Answer ☐

A20. How many times did you travel abroad for holiday/vacation last year?

Not at all ☐

Once ☐

Twice ☐

More than twice ☐

I don't want to Answer ☐

A21. Does your family have a dishwasher?

Yes ☐

No ☐

A22. How many bathrooms (room with a bath) are in your home?

None ☐

One ☐

Two ☐

More than two ☐

I don't want to Answer ☐



A23. How well off do you think your family is?

Not at all well off	☐
Not very well off	☐
Average	☐
Quite well off	☐
Very well off	☐
I don't want to Answer	☐

Section B: Section B

Section B: Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, brisk walking, rollerblading, biking, dancing, skateboarding, swimming, soccer, basketball, football, & surfing.

B1. Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

0 days	☐
1 days	☐
2 days	☐
3 days	☐
4 days	☐
5 days	☐
6 days	☐
7 days	☐
I don't want to Answer	☐



B2. Over a typical or usual week, on how many days are you physically active for a total of at least 60 minutes per day?

0 days ☐

1 day ☐

2 days ☐

3 days ☐

4 days ☐

5 days ☐

6 days ☐

7 days ☐

I don't want to Answer ☐

B3. Please write in which sports/ physical activities you participate this year?

B4. Outside school hours: How many hours do you usually exercise in your free time, so much that you get out of breath or sweat?

None ☐

About half an hour per week ☐

About one hour per week ☐

About 2-3 hours per week ☐

About 4-6 hours per week ☐

About 7 hours per week ☐

I don't want to Answer ☐



B5. How many days each week do you have PE?

0 days (never) ☐

1 day ☐

2 days ☐

3 days ☐

4 days ☐

5 days ☐

I don't want to Answer ☐

B6. How many break/study hall periods do you have per day?

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

I don't want to Answer ☐

B7. How many times last week did you attend sessions or practices for sports or structured physical activities that were led by a coach, instructor or leader

0 ☐

1 ☐

2 ☐

3 ☐

4 ☐

5 or more ☐

I don't want to Answer ☐



B8. How many days each week do you have sports or other physical activities organized by your school outside of Physical Education and/or in after school time?

0 days ☐

1 day ☐

2 days ☐

3 days ☐

4 days ☐

5 days ☐

I don't want to Answer ☐

B9. The Youth Activity Profile will ask you about the time you spend being active (both in school and out of school) and the time you spend being sedentary. Physical activities are things that involve a lot of walking, running or moving around. It includes biking and dancing as well as sports or outdoor play that involves a lot of moving around. Sedentary activities are things such as watching TV, or playing video games, computer games, or hand- held games that you do in your free time. It does NOT include the time you spend sitting while eating or while doing homework.

Most questions will ask you only to think about the last 7 days but a few questions will ask about what you typically do (on a normal week). There are no right or wrong answers so provide honest answers.

Activity Levels - at School. These questions ask about your physical activity at school. This includes physical education but you may also be active on your way to school, during breaks, or at lunch. Answer the questions based on your physical activity at school in the last 7 days.

Activity To School: How many days did you walk or bike to school?
(If you can't remember, try to estimate)

0 days (never) ☐

1 day ☐

2 days ☐

3 days ☐

4-5 days (most every day) ☐

I don't want to Answer ☐



B10. Activity during Physical Education Class: During physical education, how often were you running and moving as part of the planned games or activities? (If you didn't have PE, choose "I didn't have physical education")

- I didn't have physical education ☐
- Almost none of the time ☐
- A little bit of the time ☐
- A moderate amount of time ☐
- A lot of the time ☐
- Almost all of the time ☐
- I don't want to Answer ☐

B11. Activity during Breaks/Study Hall: During breaks/study hall, how often were you playing sports, walking, running, or playing active games? (If you didn't have a break at school, choose "I didn't have breaks/study hall")

- I didn't have breaks/study hall ☐
- Almost none of the time ☐
- A little bit of the time ☐
- A moderate amount of time ☐
- A lot of the time ☐
- Almost all of the time ☐
- I don't want to Answer ☐

B12. Activity during Lunch: During lunch break, how often were you moving around, walking or playing? (If you didn't have a lunch break at school, choose "I didn't have lunch breaks")

- I didn't have lunch breaks ☐
- Almost none of the time ☐
- A little bit of the time ☐
- A moderate amount of time ☐
- A lot of the time ☐
- Almost all of the time ☐
- I don't want to Answer ☐



B13. Activity from School: How many days often did you walk or bike from school? (If you can't remember, try to estimate)

- 0 days (never) ☐
- 1 day ☐
- 2 days ☐
- 3 days ☐
- 4-5 days (most every day) ☐
- I don't want to Answer ☐

B14. Activity Levels at Home

Activity Levels - Outside of School. These questions ask about your overall levels of physical activity during different periods of time (outside of school time). This would include structured exercise or sport activities as well as activity playing with friends, dancing or doing work/chores. Answer the questions based on your physical activity outside of school in the last 7 days.

Activity before School: How many days before school (6:00-8:00 am) did you do some form of physical activity for at least 10 minutes? (This includes activity at home NOT walking or biking to school)

- 0 days ☐
- 1 day ☐
- 2 days ☐
- 3 days ☐
- 4 to 5 days ☐
- I don't want to Answer ☐



B15. Activity after School: How many days after school (between 3:00 -6:00 pm) did you do some form of physical activity for at least 10 minutes? (This can include playing with your friends/family, team practices or classes involving physical activity but *NOT walking or biking home from school*)

- 0 days ☐
- 1 day ☐
- 2 days ☐
- 3 days ☐
- 4 to 5 days ☐
- I don't want to Answer ☐

B16. Activity on Weeknights: How many school evenings (6:00-10:00 pm) did you do some form of physical activity for at least 10 minutes? (This can include playing with your friends/family, team practices or classes involving physical activity but NOT walking or biking home from school)

- 0 days ☐
- 1 day ☐
- 2 days ☐
- 3 days ☐
- 4 to 5 days ☐
- I don't want to Answer ☐

B17. Activity on Saturday: How much physical activity did you do last Saturday? (This could be for exercise, work/chores, family outings, sports, dance, or play. If you don't remember, try to estimate)

- No activity (0 minutes) ☐
- Small amount of activity (1 to 30 minutes) ☐
- Small to Moderate amount activity (31 to 60 minutes) ☐
- Moderate to Large amount of activity (1 to 2 hours) ☐
- Large amount of activity (more than 2 hours) ☐
- I don't want to Answer ☐



B18. Activity on Sunday: How much physical activity did you do last Sunday? (This could be for exercise, work/chores, family outings, sports, dance, or play. If you don't remember, try to estimate)

No activity (0 minutes) ☐

Small amount of activity (1 to 30 minutes) ☐

Small to Moderate amount activity (31 to 60 minutes) ☐

Moderate to Large amount of activity (1 to 2 hours) ☐

Large amount of activity (more than 2 hours) ☐

I don't want to Answer ☐

B19. Youth Activity Profile / Sedentary Habits

These questions ask about time spent resting and sitting. You probably sit while eating, doing homework, or playing musical instruments. But you also may spend time sitting while watching TV, playing video games, using the computer or using your phone, or iTouch/iPad). Answer these questions about the time you spent sitting during these activities in the past 7 days.

TV Time: How much time did you spend watching TV outside of school time (*This includes time spent watching movies or sports but NOT time spent playing video games*).

I didn't watch TV at all ☐

I watched less than 1 hour per day ☐

I watched 1 to 2 hours per day ☐

I watched 2 to 3 hours per day ☐

I watched more than 3 hours per day ☐

I don't want to Answer ☐



B20. Video Game Time: How much time did you spend playing video games outside of school time? (This includes games on Nintendo DS, wii, Xbox, PlayStation, iTouch, iPad, or games on your phone)

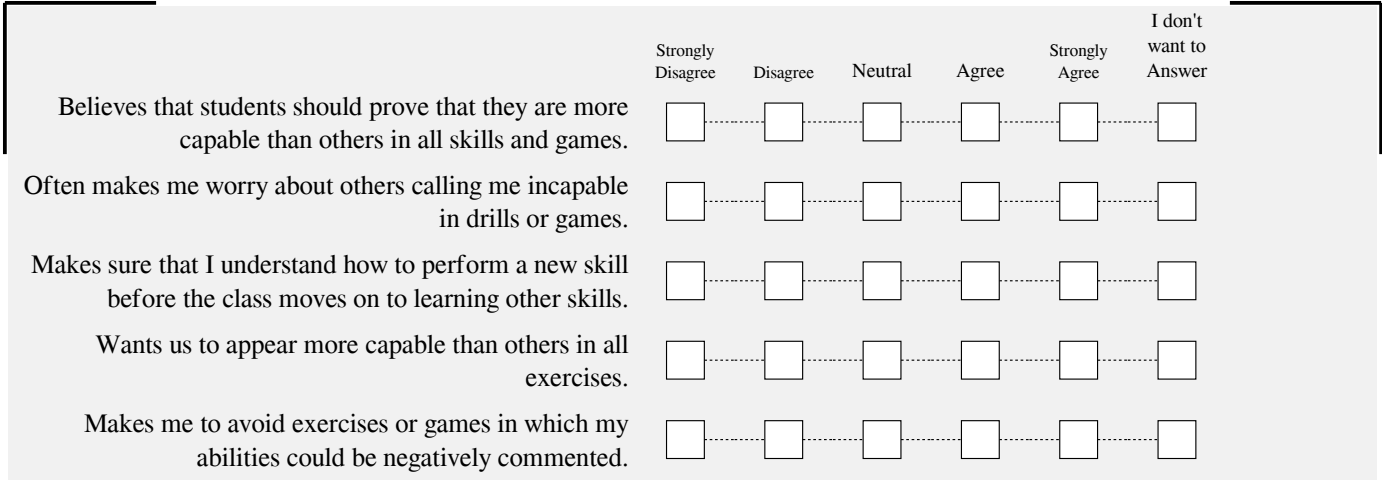
- I didn't really play at all ☐
- I played less than 1 hour per day ☐
- I played 1 to 2 hours per day ☐
- I played 2 to 3 hours per day ☐
- I played more than 3 hours per day ☐
- I don't want to Answer ☐

B21. Computer Time: How much time did you spend using computers outside of school time? (This doesn't include home work time but includes time on Facebook as well as time spent surfing the internet, instant messaging, playing online video games or computer games)

- I didn't really use the computer at all ☐
- I used a computer less than 1 hour per day ☐
- I used a computer 1 to 2 hours per day ☐
- I used a computer 2 to 3 hours per day ☐
- I used a computer more than 3 hours per day ☐
- I don't want to Answer ☐

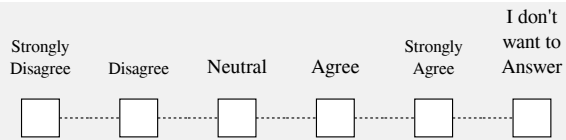
B22. Phone / Text Time: How much time did you spend using your cell phone after school? (This includes time spent talking or texting).

- I didn't really use a cell phone ☐
- I used a phone less than 1 hour per day ☐
- I used a phone 1 to 2 hours per day ☐
- I used a phone 2 to 3 hours per day ☐
- I used a phone more than 3 hours per day ☐
- I don't want to Answer ☐



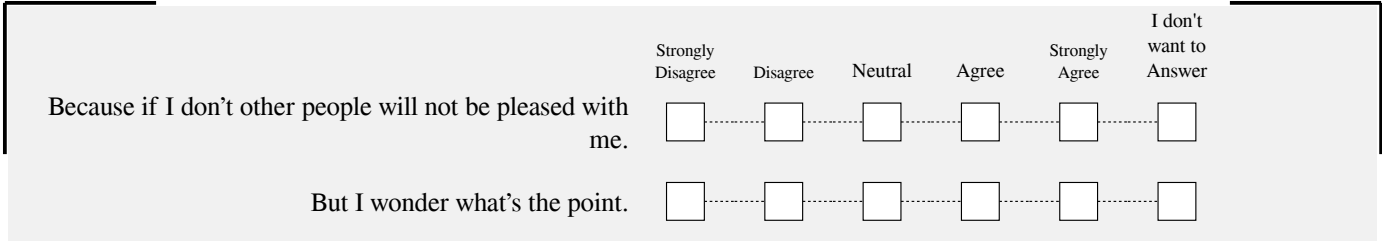
Section D: These statements relate to ***your feelings and experiences in your Physical Education (PE) class during the past 3-4 weeks.*** Please circle the number that best reflects how *you* felt during this period.

[illegible]



Section E: We are interested in the reasons underlying students' decisions to actively participate, or not in Physical Education (PE). Using the scale below, please indicate to what extent each of the following items is true for you.

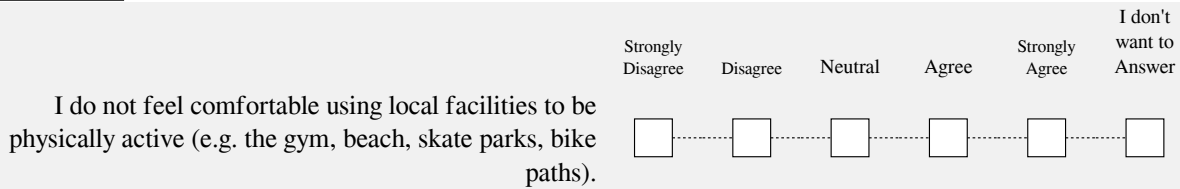
[illegible]



Section F: There are different reasons why students feel like successful in Physical Education. Please circle the appropriate number to indicate how much you agree or disagree with each statement.

[illegible]

[illegible]



Section I: Please indicate how much you intend to play active sports/exercise during your free time, for at least 3 times per week 60 minutes each time in the next month. Please answer to each of the three items below.

I am determined to exercise/play active sports at least 3 times a week, 60 minutes each time.

I intend to exercise/play active sports at least 3 times a week, 60 minutes each time.

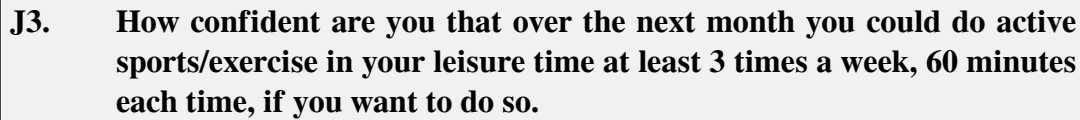
I plan to exercise/play active sports at least 3 times a week, 60 minutes each time.

1 2 3 4 5 6 7 I don't want to Answer

Section J: Please indicate how much control you have over your sports/exercise during your free time, for at least 3 times per week, 60 minutes each time in the next month.

1 - Very Little Control 2 3 4 5 6 7 - Complete Control I don't want to Answer

1 - Strongly Disagree 2 3 4 5 6 7 - Strongly Agree I don't want to Answer



Section K: Section K

K1. For me, doing active sports/exercise for at least 3 times per week 60 minutes each time in the next month would be...

K2. For me, doing active sports/exercise for at least 3 times per week 60 minutes each time in the next month would be...

K3. For me, doing active sports/exercise for at least 3 times per week 60 minutes each time in the next month would be...

K4. For me, doing active sports/exercise for at least 3 times per week 60 minutes each time in the next month would be...

K5. For me, doing active sports/exercise for at least 3 times per week 60 minutes each time in the next month would be...

K6. For me, doing active sports/exercise for at least 3 times per week 60 minutes each time in the next month would be...

Very Unpleasant Unpleasant Rather Unpleasant So-So Rather Pleasant Pleasant Very Pleasant I don't want to Answer

Section L: Section L



Section N: Section N

Section N: Do you monitor yourself with regard to doing sports/exercising? If yes, how often? Please circle the answer that best reflects you.

N1. Within the last 3-4 weeks...

	Never	Rarely	Sometimes	Often	Very often	I don't want to Answer
I have monitored myself whether I did sports/exercise frequently enough	☐	☐	☐	☐	☐	☐
I have watched carefully that I did sports/exercise in my leisure time for at least 3 times 60 minutes each time	☐	☐	☐	☐	☐	☐
I have checked how regularly I did sports/exercise	☐	☐	☐	☐	☐	☐
I checked if I actually achieved my goals to do regular sports/exercise	☐	☐	☐	☐	☐	☐

Section O: Section O

Section O: Below are a number of statements relating to your everyday life (i.e. all the things you do), not specifically your physical education class. Please indicate the extent to which you agree or disagree with each of the following statement; bear in mind how you GENERALLY felt over the past month.

O1. During the last month...

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	I don't want to Answer
I felt full of vitality.	☐	☐	☐	☐	☐	☐
I had high spirits.	☐	☐	☐	☐	☐	☐
I looked forward to each day.	☐	☐	☐	☐	☐	☐
I nearly always felt alert and awake.	☐	☐	☐	☐	☐	☐
I felt I had a lot of energy.	☐	☐	☐	☐	☐	☐

Section P: Section P

Section P: Write the MOST IMPORTANT reason that prevents you from doing REGULAR SPORT OR EXERCISE.

P1. Write it immediately, the first one that comes to your mind.

P2. Generally, how often the reason you wrote above is a BARRIER, i.e., prevents you from doing regular exercise/ sport?

