

TEACHER ID Number: _____

STUDENT ID Number: _____

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

1. Enter your birthday here: ____ / ____ / ____
For example, if your birthday is 15th December 2002, please write: 15 / December / 2002
2. How old are you? (Please write your age in years) ____ years.
3. Are you a boy or a girl? : Boy ☐ Girl ☐ Other Answer ☐
4. What is your country where you live now? _____
5. What is your town where you live now? _____
6. Which of the following is the country of your birth? (Please ✓ a box)

Britain/UK	☐
France	☐
Germany	☐
Greece	☐
Italy	☐
Spain	☐
Turkey	☐
Other	☐
7. If other, which country? _____
8. If other, how many years do you live in the current country? _____
9. Which is your ethnicity?

British/UK	☐
French	☐
German	☐
Greek	☐
Italian	☐
Spanish	☐
Turkish	☐
Other	☐
10. If other, what? _____
11. School level (Please ✓ a box): Primary ☐ Secondary ☐ College ☐
12. Class (Year group): 1 2 3 4 5 6 7 8 9 10 11 12
13. School Name (Please, name your school): _____

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.

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
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7 days

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
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7 days

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

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

How many days each week do you have Physical Education?

- a. 0 days (never) ☐
- b. 1 day ☐
- c. 2 days ☐
- d. 3 days ☐
- e. 4 days ☐
- f. 5 days ☐

Section C: 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.

	Very Unlikely		Somewhat likely			Very Likely	
During the next month...							
1. I am determined to exercise/play active sports at least 3 times a week , 60 minutes each time.	1	2	3	4	5	6	7
2. I intend to exercise/play active sports at least 3 times a week , 60 minutes each time.	1	2	3	4	5	6	7
3. I plan to exercise/play active sports at least 3 times a week , 60 minutes each time.	1	2	3	4	5	6	7

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

<i>Within the last 3-4 weeks ...</i>	Never	Rarely	Sometimes	Often	Very Often
1. I have monitored myself whether I did sports/exercise frequently enough	1	2	3	4	5
2. I have watched carefully that I did sports/exercise in my leisure time for at least 3 times 60 minutes each time	1	2	3	4	5
3. I have checked how regularly I did sports/exercise	1	2	3	4	5
4. I checked if I actually achieved my goals to do regular sports/exercise	1	2	3	4	5

Section E: Write the MOST IMPORTANT reason that prevents you from doing REGULAR SPORT OR EXERCISE. Write it immediately, the first one that comes to your mind.

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THANK YOU VERY MUCH FOR YOUR PARTICIPATION!