



Coordinated Approach
To Child Health



THE UNIVERSITY of TEXAS
HEALTH SCIENCE CENTER AT HOUSTON
SCHOOL OF PUBLIC HEALTH

Coordinated Approach To Child Health Physical Education Specialist Questionnaire

INSTRUCTIONS: *YOU are an important part of the CATCH Texas Team.* Results from this survey will be used to support CATCH trainings across Texas. You may choose whether or not you want to complete this survey. All of your answers will remain private. Your responses will only be viewed by the University of Texas Health Science at Houston researchers.

Most of the questions on this survey are about this school year (2002-2003). This survey will take about 15 minutes to complete. Please return this survey in the self-addressed stamped envelope by **March 31, 2003**. Thank you for your help!

Please circle the number that best agrees with your response.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
1. Children who are more active now will be more active as adults.	1	2	3	4	5
2. Children who are healthier now will be healthier as adults.	1	2	3	4	5
3. At your school, what are the barriers to QUALITY PHYSICAL EDUCATION? Please indicate your level of agreement with each item.					
	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
a. Inadequate indoor and/or outdoor facilities	1	2	3	4	5
b. Insufficient number of physical education specialists	1	2	3	4	5
c. Low level of Principal support	1	2	3	4	5
d. Low priority relative to other academic subjects	1	2	3	4	5
e. Inadequate financial resources	1	2	3	4	5
f. Large class size	1	2	3	4	5
g. Insufficient time in school day	1	2	3	4	5
h. Insufficient equipment and materials	1	2	3	4	5

4. How many PHYSICAL EDUCATION SPECIALISTS are at your school? _____

How many PHYSICAL EDUCATION SPECIALISTS have been trained in CATCH?

How many physical education TEACHER AIDES are at your school? _____

How many TEACHER AIDES have been trained in CATCH? _____

5. What is the usual number of STUDENTS you will teach in a single PE class? _____

Students come to PE as (please circle):

a single class

double classes

an entire grade level

I usually teach my classes (please circle):

by myself

with an aide

with another PE specialist

How many classes do you teach in a day? _____

How long is each class period? _____

6. Please circle the number that corresponds with the best response for each item.

	Once a Week	Every Third Day (1 or 2 times a week)	Every Other Day (2 or 3 times a week)	Every Day	Other (please explain)
At my school, K – 2nd grade students attend PE class:	1	2	3	4	_____
At my school, 3rd – 5th grade students attend PE class:	1	2	3	4	_____

7. Have you attended a CATCH training that covered an overview of CATCH CLASSROOM & CATCH EAT SMART with other representatives from your school?

YES

NO

How many of these **overall** CATCH trainings have you been to in the last two years (2001 & 2002)?

Have you attended a CATCH PE **only** training in the last two years (2001 & 2002).

YES

NO

How many of these CATCH PE **only** trainings have you been to in the last two years (2001 & 2002)?

8. At your school, do you have any of the following available for your use?

CATCH PE Guidebook (grades K-2)	Yes	No
CATCH PE Guidebook (grades 3-5)	Yes	No
CATCH PE Activity Box (grades K-2)	Yes	No
CATCH PE Activity Box (grades 3-5)	Yes	No

9. By the end of this school year (May 2003), will you have used any of the following in teaching your PE classes?

CATCH PE Guidebook (grades K-2)	Yes	No
CATCH PE Guidebook (grades 3-5)	Yes	No
CATCH PE Activity Box (grades K-2)	Yes	No
CATCH PE Activity Box (grades 3-5)	Yes	No

10. Next year (2003-2004), will you use any of the following materials?

	Not Likely		Likely		Very Likely
CATCH PE Guidebook (grades K-2)?	1	2	3	4	5
CATCH PE Guidebook (grades 3-5)?	1	2	3	4	5
CATCH PE Activity Box (grades K-2)?	1	2	3	4	5
CATCH PE Activity Box (grades 3-5)?	1	2	3	4	5

11. Of all the physical education lessons taught at your school, what percentage of the lessons makes use of CATCH activities? _____%

Of all the physical education lessons taught at your school, what percentage of the lessons is based on CATCH philosophy and objectives? _____%

12. Please indicate your level of agreement with each item:

	Much More		About the Same		Much Less
Compared to other physical education programs, how much preparation time did CATCH PE take?	1	2	3	4	5
	Very Difficult		Moderate		Very Easy
I found PREPARING for CATCH PE lessons to be:	1	2	3	4	5
I found TEACHING CATCH PE lessons to be:	1	2	3	4	5

13. Do you use any of the following CATCH PE instruction & management techniques?
- | | | |
|--|-----|----|
| a. Students are active immediately upon entering class. | Yes | No |
| b. Lessons include a warm-up activity. | Yes | No |
| c. Boundaries are well established. | Yes | No |
| d. Clear stop and/or start signal(s) is/are used. | Yes | No |
| e. Time needed to distribute equipment is minimized. | Yes | No |
| f. Management and transition times are minimal. | Yes | No |
| g. Group size maximizes participation and practice opportunities. | Yes | No |
| h. The student-equipment ratio is adequate. (At least 3:1 for skills, 10:1 for games). | Yes | No |
| i. Students are praised/rewarded for being physically active during the session. | Yes | No |
| j. Students are prompted/rewarded for physical activity done at other times of the day. | Yes | No |
| k. Extra curricular physical activity programs exist (walking clubs, intramurals, after school classes, etc.). | Yes | No |
| l. Classes include a cool-down activity. | Yes | No |

14. Please indicate your level of agreement with each item.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
CATCH helped us meet our PE goals.	1	2	3	4	5
I believe children who participated in CATCH will continue to be more active as a result of the program.	1	2	3	4	5
I would recommend the CATCH program to other elementary teachers.	1	2	3	4	5
I am satisfied with CATCH.	1	2	3	4	5

We ask the following questions because it helps identify who is using CATCH.
Like your other answers, these answers will remain private.

17. What year were you born? 19 _____
18. Are you male or female? (circle one) Male Female
19. What ethnic group do you consider yourself? (Please circle the corresponding letter.)
- a. White / Caucasian
 - b. Black / African American
 - c. Hispanic / Latino
 - d. Asian
 - e. Other (please explain) _____
20. How many years have you been employed at this school? _____ years
21. How many years of teaching experience do you have? _____ years
22. This questionnaire was completed by:
- PE Specialist
 - Other (specify) _____

What suggestions and/or comments do you have for improving CATCH?

Please take a moment to review all the items. *Thank you for your help.* Please return this survey in the self-addressed envelope by **March 31, 2003.**