

APPENDICES

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University of
Chester

Dear Principal

I am conducting a survey of the promotion of physical activity in secondary schools in the Dublin region. This survey will form the basis of my thesis for my MSc in Exercise and Nutrition Science, which I am currently undertaking with the University of Chester, UK.

I would be very grateful if you could assist and support me with this research by finding the time to complete the enclosed questionnaire and return to me by posting in the prepaid envelope, which is enclosed. If your school has a designated person for the delivery of physical education I would be grateful if you could pass on this information and questionnaire to this individual.

By participating in this study your school will be contributing to valuable research to establish the promotion of physical activity currently undertaken by secondary students in Dublin.

All information and data that you provide to me will be treated in strict confidence. The information you give will be stored securely and will only be accessible by me. It will not be passed on to anyone else in a way which could be associated with yourself or your school.

A report of the findings from this survey will be available once the study has been completed and this information will be made available for use by agencies, government departments or organizations interested in physical activity promotion in Ireland. Any reports will only include aggregated data and no information will be linked to specific schools.

Should you decide not to complete the questionnaire, I would be grateful if you could return it to me in the prepaid envelope to ensure that I do not inconvenience you again in the future.

Thank you for taking the time to read this letter and for your help with this survey.

Yours Sincerely

Fidelma Conlon

Participant information sheet

Short title of study

The Promotion of Physical Activity in Dublin Secondary Schools

You are being invited to take part in a research study. Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Please ask me if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. Thank you for taking the time to read this information.

What is the purpose of the study?

The purpose of this study is to investigate how much physical activity is being promoted to adolescents and teenagers within secondary schools in Dublin.

Why have I been chosen?

Your school has been chosen as it is a secondary school based in the county of Dublin.

Do I have to take part?

It is up to you to decide whether or not to take part. If you decide to take part you will be given this information sheet to keep and you will be asked to sign a consent form. If you decide to take part you are still free to withdraw at any time and without giving a reason.

What will happen to me if I take part?

If you decide to take part, you will be given this information sheet to keep and asked to sign the enclosed consent form. You will be required to complete the questionnaire truthfully. There will be questions asked about your school policies, staff, equipment and students.

What are the possible disadvantages and risks of taking part?

There are no disadvantages or risks foreseen in taking part in the study.

What are the possible benefits of taking part?

By taking part, you will be contributing to the establishment of information regarding the status of the promotion of physical activity amongst secondary school students in Dublin. Once the analysis of all data is completed you will receive a report on the findings. The findings from this survey will be of use to future surveys on physical activity promotion in secondary schools in other counties in Ireland.

Will my taking part in the study be kept confidential?

All information that is collected about your school during the course of the research will be kept strictly confidential so that only the researcher carrying out the research and the research supervisor within the University will have access to such information.

What will happen to the results of the research study?

The results will be written up into a report. It is hoped that the findings may be used to help improve the promotion of physical activity in secondary schools in Dublin and nationwide. A copy of the findings will be forwarded to the Department of Education, Irish Sports Council and other agencies interested in the promotion of physical activity in Ireland. Individuals and schools who participate will not be identified in any subsequent report or publication.

Who is organising and funding the research?

The research is funded by the National Training Centre, Dublin, Ireland and is required for the MSc Exercise and Nutrition Science, University of Chester.

Who may I contact for further information?

If you would like more information about the research before you decide whether or not you would be willing to take part, please contact:

Fidelma Conlon

Telephone:

Fax:

Email:

Thank you for your interest in this research.

Appendix 2. Justification of Questions within the questionnaire

Section 1. General Information – The School	Justification / Source of question
1. Size of School 2. Age Range of pupils 3. Gender	General information about the school to allow comparisons to be made,

Section 2. General Information – The P.E Department	Justification / Source of question
1. How many P.E staff does your school have? 2. Do you feel you have adequate staff to provide PE within your school? 3. Do the PE staff have additional responsibilities within the school specific to lecturing and/or administrative roles?	General Information about the school to allow comparisons to be made. To establish if PE is their main focus.

Section 3. The Physical Education Curriculum	Justification / Source of question
<p>1. How much PE time do pupils in each year have per 5-day week?</p> <p>2. Health Related Physical Activity:</p> <p>a. Does your department/school currently have a written scheme of health related physical activity?</p> <p>b. If yes, when was this written/ revised?</p> <p>c. If no, do you intend to write a scheme of work for health related physical activity in the near future?</p> <p>d. Who currently teaches Health Related Physical Activity in your school?</p> <p>e. Are any of the following health-related physical activities offered to pupils in curriculum time</p> <p>f. Please comment on how adequate you feel your department's resources are for the teaching of health related physical activity?</p> <p>g. Which phrase best describes the current organization of the teaching of health related physical activity in your school?</p> <p>h. Overall, do you feel that the amount of time your school spends on delivering health related physical activity is adequate?</p> <p>i. To what extent do you think your school could be labeled as physical activity and sport promoting?</p>	<p>To establish the actual number of hours of physical education pupils receive each week.</p> <p>To establish if there are differences in the various schools in Dublin in the promotion of physical activity.</p> <p>To establish what type of activities are offered at each school and compare the resources schools use when teaching physical activity.</p> <p>To establish the views on health related physical activity from the P.E heads of departments / school principal.</p>

Section 4. P. E / Physical Activity Extra Curricular Activities	
Sporting Extra Curricular Activities	Justification / Source of Question
1. Are extra-curricular PE activities offered to pupils on a regular basis at your school?	To establish what, if any and when extra curricular PE activities are offered by each school.
2. If so, when are they offered to pupils?	
3. How many staff at your school are currently involved in running or helping with extra-curricular activities?	Extra curricular activities are seen as an important mechanism for the promotion of physical activity. In establishing what activities are provided, when they are available and who is likely to participate, then it can be established if each school is maximizing their opportunities to promote physical activity.
4. In an average week, how much time would you say your school/department spends on extra curricular activities?	
5. In an average week, how much time would say your school/department spends on extra-curricular exercise activities? (e.g aerobics, circuit training, jogging).	
6. In an average week, how much time would you say you personally spend on extra-curricular activities with pupils?	
7. Which of the following extra-curricular sports activities, if any, does your department/school run during the academic year? Please also indicate who the activities are available to?	
8. Is your department involved in running any of the following activities for pupils in extra-curricular time?	
9. Approximately what percentage of pupils would you say regularly take part in the extra curricular activities your school/department offers?	
10. Would you say that your school currently offers a wide range of extr-curricular physical activities, which are accessible to pupils?	To establish the PE Head of Department's views on extra-curricular physical activity

Section 5. PE and Physical Activity facilities within your school	
Facilities:	Justification / Source of Question
1. What indoor sports and exercise facilities are available at your school?	To establish what facilities schools have and whether these are maximizing the opportunity for young people to be physically active.
2. What outdoor sports facilities are available at your school?	
3. Please comment on how adequate you feel the facilities at your school are for your departments needs.	
4. How would you rate the management and maintenance of the facilities at your school?	
Recreational Facilities and Provision	
Does your school provide any of the following?	
<p>Small play or sports equipment for pupils to use at break times/ lunchtimes (e.g bats, balls, skipping ropes).</p> <p>Large play or sports equipment for pupils to use at break times/ lunch times (e.g netball or goalposts)</p> <p>Play ground markings on the floor or wall (e.g target game markings)</p> <p>Cycle sheds, cycles storage facilities or secure area(s) for cycles</p> <p>Lunchtime/break time supervisors who encourage sport, physical activity and/or active play</p>	

Section 6. Staff Training, Support and Expertise	
	Justiifcation / Source of Question
1. Have any members of your department (including yourself) attended any continuing professional development courses in physical education and/or health related physical activitiy during the previous or current academic year?	Tudor-Smith et al (1997)
2. Do you consider that any or all members of your department need any (or futher) training in Physical Education?	To establish the training and support that the physical education department are given in order to assess if PE staff require any additional training. It is hoped that in supporting professional development then broad, balanced and inclusive high quality PE can be achieved.
3. Is provision and money available at your school for attending further professional training in Physical Education or health related physical activity courses?	
4. Please comment on the level of support you feel your head teacher and/or school board of management generally give physical education/sport and physical activity in your school	

Section 7. School and P.E Department Ethos and Policy for PE and Physical Activity	
	Justification / Source of Question
1. Would you say that working towards health is currently an important cultural practice within your school?	To establish if schools are putting into practice the policies they purport to follow.
2. Does your school currently have a written policy for the promotion of exercise / physical activity	
3. If yes, was this written by your school rather than adopted for the Local Education Authority?	To assess what policies are currently in place and how these are implemented.
4. If no, does your school intend to write a policy for the promotion of exercise / physical activity in the near future?	
5. How visible are posters and/or notices of sports and/or physical activities within your school?	Tudor-Smith et al. (1997). The health promoting school
6. Does your school provide information to pupils about the local sport and physical activity opportunities (e.g Junior Sports clubs) which are available to them in the area? (e.g in assembly, on notice boards, in a school newsletter etc)	To assess if PE staff are advising on other sporting opportunities for talented pupils.
7. Which phrase best describes your department's policy for P.E. kit?	Establishing sports-specific policies Staff are thought to be influential in pupil's attitudes, as many view them as role models, if staff are seen to be participating in sport then this could influence their pupils
8. Which phrase best describes your department's policy for showering?	
9. Approximately what % of staff in your school (including yourself) would you say were physically active on a regular basis? (i.e engaged in sport or physical activity 2-3 times a week).	

Section8. Partnerships and Community Links	
	Justification / Source of Question
1. How would you describe the degree of liaison between yourself and Head of Physical Education and the individual responsible for Health Education in your school?	To ascertain what links there are between the schools, sports clubs and the community, so that young people are getting the most out of the facilities that are available and making regular physical activity part of their lifestyle.
2. Does your department or the school currently have (or have had in the previous academic year) links with or support from any of the following outside agencies? Please also indicate how valuable you consider(ed) these links to be.	
3. Does your school have access to local facilities (e.g swimming pools, football pitches etc) to offer physical activities to pupils?	
4. If yes, how far are these local facilities located from the school?	
5. Has your school applied for, or did it consider applying for any funding within the last 3 years?	
6. If so, please state what type of funding you applied for and to whom you applied?	
7. Was your school successful in receiving this funding?	

The Promotion of Physical Activity in County Dublin Secondary Schools, Ireland.

Secondary School Questionnaire (Adopted from Sparks, K. 2004)

Section 1: General Information on the School

1. Size of the school
 - a. Up to 500 pupils
 - b. 501-800 pupils
 - c. More than 800 pupils

2. Age range of pupils
 - a. 11 – 18 years of age
 - b. Other (please specify)

3. Gender
 - a. All girls school
 - b. All boys school
 - c. Mixed sex school (all years)



Section 2. General Information – The Physical Education Department

1. How many PE staff does your school have? (Please write numbers in the boxes provided)

Full- time PE staff

Part-time PE staff

Non-specialist staff that teach P.E

2. Do you feel you have adequate staff to provide PE within your school?

Yes

No

3. Do the PE staff have additional responsibilities within the school specific to lecturing and/or administrative roles?

Yes

No



Section 3. The Physical Education Curriculum

1. Time allocation for P.E.

a. How much PE time to pupils in each year have per 5-day week?

Year 1 (age 12-13)

Year 2 (age 13-14)

Year 3 (age 15-16)

Year 4 (age 16-17)

Year 5 (age 17-18)

2. Is PE compulsory in all years?

Yes

No

Other (please specify)

3. (a). Does your department/school currently have a written scheme of health related physical activity?

Yes

No

Other (please specify)

(b) If yes, when was this written/revised?

More than 5 years ago

Between 2 and 5 years ago

During the previous academic year

During the current academic year



- (c) If no, do you intend to write a scheme of work for health related physical activity in the near future?

Yes

No

- (d) Who currently teaches Health Related Physical Activity in your school?

All members of the PE department

Some members of the PE department

Staff from other departments

People from outside with particular expertise

Other (please specify below)

- (e) Are any of the following health-related physical activities offered to pupils in curriculum time? (please tick as many boxes as apply but only one box on each line)

Physical activities	Compulsory	Optional	Both Compulsory and optional
Exercise to music (i.e Aerobics)			
Keep Fit (e.g calisthenics)			
Circuit Training			
Weight Training (machine weights)			
Weight Training (free weights)			
Skipping			
Jogging (not cross country)			
Cross-country running			
Water exercise (e.g swimming / aqua aerobics)			
Step Aerobics			
Other (please specify)			



- (f) Does your department possess and use any of the following health related physical activity resources to assist in the teaching of Health Related Physical Activity?

	Possess	Use
Posters / Charts (e.g anatomical, exercise, heart rate)		
Heart Rate / Pulse Monitors		
Pedometers		
Sit and reach box		
Dynamometers		
Strength testers		
Skin fold calipers		
Weighing scales		
Spirometers / peak flow meters		
Blood pressure monitors		
Goniometers		
Work cards / worksheets (commercially produced)		
Work cards / worksheets (individual versions)		

- (g) Please comment on how adequate you feel your department's resources are for the teaching of health related physical activity?

Inadequate

Adequate

More than adequate

- (h) Which phrase best describes the current organization of the teaching of health related physical activity in your school? (please tick one box only)

Relatively unstructured

Partially structured

Fully structured

- (i) Overall, do you feel that the amount of time your school spends on delivering health related physical activity is adequate?

Yes

No



- (j) To what extent do you think your school could be labeled as physical activity and sport promoting?

Physical activity promoting school

Not a physical activity promoting school

Sport promoting school

Not a sport promoting school



Section 4. PE / Physical Activity Extra Curricular Activities

1. Sporting Extra Curricular Activities

Are extra-curricular PE activities offered to pupils on a regular basis at your school?

Yes

No

2. If so, when are the offered to pupils? (please tick as many boxes as apply)

Before school

After school

At lunchtime

At weekends

3. How many staff at your school are currently involved in running or helping with extra-curricular activities? (please write the number in box below).

Staff	Males	Females
Physical Education Staff		
Non-specialist Staff		

4. In an average week, how much time would you say your school/department spends on extra curricular activities? (Please write the total number of minutes per week in the box?)

Minutes

5. In an average week, how much time would say your school/department spends on extra-curricular exercise activities? (e.g aerobics, circuit training, jogging). (Please write the total number of minutes per week in the box)



Minutes

6. In an average week, how much time would you say you personally spend on extra-curricular activities with pupils? (Please write the total number of minutes per week in the box)

Minutes

7. Which of the following extra-curricular sports activities, if any, does your department/school run during the academic year? Please also indicate who the activities are available to? (Please tick as many boxes as apply but only one box on each line).

Activity	Offered to boys only	Offered to girls only	Offered to boys and girls
Athletics			
Dance			
Football (GAA)			
Football (Soccer)			
Hockey			
Basket ball			
Volley ball			
Badminton			
Tennis			
Cricket			
Rounders			
Net ball			
Gymnastics			
Outdoor Adventures			
Swimming			



8. Is your department involved in running any of the following activities for pupils in extra-curricular time? (Please tick as many boxes as apply).

Team training sessions (for selected players)

Games activities suitable for, and open to all abilities

Exercise activities suitable for, and open to all abilities
(e.g aerobics, swimming, circuit training).

Inter-house or inter-tutor games/competitions/fixtures

Inter-house or inter-tutor non games/competitions (e/g swimming, athletics).

Inter-school games fixtures (friendly)

Inter-school games competitions (e.g league or knockout)

Inter-school non games competition (e.g swimming, athletics)

Inter-school non-competitive events or displays (e.g dance, gym).

9. Approximately what percentage of pupils would you say regularly take part in the extra curricular activities your school/department offers?

Less than 5%

Between 5 and 30%

Between 30-50%

More than 50%

10. Would you say that your school currently offers a wide range of extr-curricular physical activities, which are accessible to pupils? (Please tick one box only).

Yes it does

It partially does

No it does not



Section 5. PE and Physical Activity facilities within your school

1. What indoor sports and exercise facilities are available at your school? (please tick as many boxes as apply).

School Hall	Sports Hall
2 nd School Hall	Fitness Room/centre
Gymnasium	Dance / Drama Studio
2 nd Gymnasium	Other (please specify)
Swimming pool	

2. What outdoor sports facilities are available at your school? (please tick as many boxes as apply).

Playing fields	Hard play area (sports turf)
Hard play area (tarmac)	Other (please specify)

3. Please comment on how adequate you feel the facilities at your school are for your departments needs (please tick one box only on each line).

	Inadequate	Adequate	More than adequate
Indoor Facilities			
Outdoor Facilities			
Changing Rooms			
Showers			

4. How would you rate the management and maintenance of the facilities at your school? (i.e are they clean, safe, tidy?)

Good Average Poor

5. Recreational Facilities and Provision

Does your school provide any of the following? (please tick as many boxes as apply).

Small play or sports equipment for pupils to use at break times/ lunchtimes (e.g bats, balls, skipping ropes).

Large play or sports equipment for pupils to use at break times/ lunch times (e.g netball or goalposts)

Play ground markings on the floor or wall (e.g target game markings)

Cycle sheds, cycles storage facilities or secure area(s) for cycles

Lunchtime/break time supervisors who encourage sport, physical activity and/or active play



Section 6. Staff training, Support and Expertise

1. Have any members of your department (including yourself) attended any continuing professional development courses in physical education and/or health related physical activity during the previous or current academic year?

Yes

No

2. Do you consider that any or all members of your department need any (or further) training in Physical Education?

Yes

No

3. Is provision and money available at your school for attending further professional training in Physical Education or health related physical activity courses?

Always

Sometimes

Usually

Rarely/never

4. Please comment on the level of support you feel your head teacher and/or school board of management generally give physical education/sport and physical activity in your school: (please tick one box only)

Gives no or little support

Gives some, but limited support

Gives reasonable support

Gives considerable support



Section 7. School and P.E Department Ethos and Policy for PE and Physical Activity

1. Would you say that working towards health is currently an important cultural practice within your school?

Yes

No

2. Does your school currently have a written policy for the promotion of exercise / physical activity?

Yes

No

3. If yes, was this written by your school rather than adopted for the Local Education Authority?

Yes

No

Don't know

4. If no, does your school intend to write a policy for the promotion of exercise / physical activity in the near future?

Yes

No

Don't know

5. How visible are posters and/or notices of sports and/or physical activities within your school?

Very visible

Quite visible

Not very visible

6. Does your school provide information to pupils about the local sport and physical activity opportunities (e.g Junior Sports clubs) which are available to them in the area? (e.g in assembly, on notice boards, in a school newsletter etc)



Yes

No

7. Which phrase best describes your department's policy for P.E. kit?

	Boys	Girls
Full compulsory P.E kit		
Some compulsory items of clothing (e.g specific colour of top etc)		
Optional kit		
No formal kit		

8. Which phrase best describes your department's policy for showering?

Compulsory for all pupils after all P.E lessons

Compulsory for all pupils after some P.E lessons only (e.g outdoor games)

Optional

School has no showers/showers are not in use

9. Approximately what % of staff in your school (including yourself) would you say were physically active on a regular basis? (i.e engaged in sport or physical activity 2-3 times a week).

You have no idea

Less than 5%

Between 5 and 25%

Between 25 and 50%

50% or more



Section8. Partnerships and Community Links

1. Internal

How would you describe the degree of liaison between yourself and Head of Physical Education and the individual responsible for Health Education in your school? (Please tick one box only).

- | | |
|--------------------|------------------------------------|
| Very close liaison | Limited liaison |
| Reasonable liaison | No liaison at all |
| Acceptable liaison | There is no one responsible for HE |

You are responsible for both PE and health education

2. External

Does your department or the school currently have (or have had in the previous academic year) links with or support from any of the following outside agencies? Please also indicate how valuable you consider(ed) these links to be. (Please tick as many boxes as apply but only one box on each line).

	Very Valuable	Of some value	Of no or little value
National Governing Bodies			
Local Sports Clubs			
Local Sports centres			
Sports Development Officers (i.e local authorities or governing body).			
PE advisors			
Qualified or professional coaches			
Exercise / Health Fitness Instructors			
The Irish Sports Council			
Local Health Promotion Unit			
Other Health and Fitness Educational providers (e.g private colleges.			

