SPARK SURVEY PSYCHOMETRICS
corrected and updated 2/93

This study was conducted over three weeks in two 4th grade classes and one 4th-5th grade split class at Flora Vista School in Encinitas. Of 76 fourth grade students, 69 returned signed consents. Sixty-five completed two administrations of the SPARK Spring survey one week apart. Ninety-seven percent were Caucasian. Some of the items were recoded to reflect favorable values as higher scores. Means, SDs, and intraclass r's are from the Encinitas study. Alphas are from the Poway 1990-91 cohort (N=745). Several of the test-retest reliabilities are low because of limited variability.

MEANS (SD) AND INTRACLASS RELIABILITIES OF SPARK ITEMS AND SCALES

Item or Scale	Time 1 Mean	Time 2 Mean	Intraclass r	alpha
Face Attitudes	9.72 (2.25)	9.88 (2.44)	.82	.75
Activity Preference (item E)	8.55 (1.77)	8.71 (1.68)	.67	.43
PE Attitude (item F)	2.94 (.30)	2.91 (.38)	.27(ltd var)	.53
TV Attitude (item G)	2.49 (.87)	2.54 (.89)	.65	.81
Sweat Attitude (item H)	2.66 (.78)	2.62 (.84)	.30	.76
Home PA Attitude (item I)	3.00 (.00)	2.91 (.52)	.00(ltd var)	.82
Activity Self Percep (J1-J6)	4.08 (1.28)	4.00 (1.41)	.85	.72
Body Image (J7-J8)	1.63 (.60)	1.65 (.65)	.65	.58
Self-Concept (J9-J11)	2.74 (.64)	2.85 (.44)	.29	.74
Total Activity Classes	1.83 (1.62)	1.70 (1.67)	.22	
Total Teams	1.42 (1.08)	1.45 (1.14)	.76	
How do you feel about:				
taking a walk for exercise (item A)	5.18 (.97)	5.06 (1.32)	.68	
PE class (item B)	5.49 (.94)	5.43 (1.10)	.73	
doing PA with a lot of running (item C)	4.94 (1.24)	5.02 (1.33)	.82	
doing PA that make you tired or sweat (item D)	4.78 (1.37)	4.86 (1.55)	.63	
What I am like:				
do well at games (item J1)	0.91 (.29)	0.86 (.35)	.78	
wish better at games (item J2)	0.65 (.48)	0.58 (.50)	.69	
think do well at new games (item J3)	0.88 (.33)	0.86 (.35)	.50	
better than others at games (item J4)	0.71 (.46)	0.75 (.43)	.59	
usually watch games (item J5)	0.91 (.29)	0.91 (.29)	.38	
don't do well at new				

outdoor games (item J6)	0.91 (.29)	0.89 (.31)	.85
happy with weight (item J7)	0.80 (.40)	0.82 (.39)	.29
not fat (item J8)	0.83 (.38)	0.83 (.38)	.75
unhappy with self (item J9)	0.89 (.31)	0.92 (.27)	.34
like person I am (item J10)	0.92 (.27)	0.97 (.17)	.38
happy way I am (item J11)	0.92 (.27)	0.95 (.21)	.24
TV time (item N)	2.83 (1.05)	2.66 (.99)	.59
Chores time (item O)	2.32 (1.13)	2.25 (1.24)	.57
PA time (item P)	3.37 (1.21)	3.28 (1.43)	.47
Parents encourage PA (item S)	3.08 (1.48)	2.86 (1.38)	.36
Parents active with you (item T)	2.43 (1.20)	2.63 (1.18)	.50
Parents transport you (item U)	2.38 (1.06)	2.42 (1.21)	.60
Walk to school (item V)	2.89 (1.81)	3.00 (1.82)	.68
Active in summer (item W)	4.48 (.73)	4.48 (.85)	.60
Active in 1 year (item X)	4.62 (.63)	4.40 (1.00)	.21
Active as adult (item Y)	4.26 (.80)	4.18 (1.01)	.41
Intend to smoke (item Z)	0.98 (.12)	1.14 (.63)	.00 (ltd var)

RELIABILITIES OF SELECTED FITNESSGRAM VARIABLES

Reliabilities of FITNESSGRAM variables are assessed as a part of each Fall and Spring measurement in Poway. A random sample of children are selected for measurement by a second assessor either the same day or within a week. Intraclass correlations are computed.

FALL 1990 N = 47
Height	.98
Weight	.98
Triceps skinfold	.87
Calf skinfold	.93
Hip circumference	.85
Waist circumference	.89

SPRING 1991 N = 131
Height	.98
Weight	.97
Triceps skinfold	.76
Calf skinfold	.80
Hip circumference	.91
Waist circumference	.89

FALL 1991 N = 171
Height	.93
Weight	.91
Triceps skinfold	.85
Calf skinfold	.86
Hip circumference	.93
Waist circumference	.89

SPRING 1992 N = 125
Height	.98
Weight	.99
Triceps skinfold	.82
Calf skinfold	.80
Hip circumference	.81
Waist circumference	.79

FALL 1992 N = 61
Height	.98
Weight	1.00
Triceps skinfold	.84
Calf skinfold	.82
Hip circumference	.97
Waist circumference	.93
Sit-and-reach	.91