



Sports, Play, and Active Recreation for Kids

SPARK PARENT SURVEY

(THIS SURVEY SHOULD BE COMPLETED BY A PARENT OR GUARDIAN)

This survey is about your family's physical activity. Your answers are very valuable to us and will help us learn to improve the health of children. Please take a few minutes now to complete it. If you have questions, you may call the SPARK office at 594-4815.

All the questions on this form are about the child whose name is at the top of this page.

A. CHILD'S PHYSICAL ACTIVITY

During the past 7 days, how many days has your child done each of the physical activities listed for at least 15 minutes at a time? If your child has done a physical activity that is not listed, please add it at the end of the list.

NUMBER OF DAYS IN PAST 7 DAYS

1. WALKING
2. FOUR SQUARE
3. GYMNASTICS
4. VOLLEYBALL
5. HORSEBACK RIDING
6. DANCING
7. HIKING/CLIMBING
8. TENNIS/SMASHBALL
9. BASEBALL/SOFTBALL
10. BASKETBALL
11. FOOTBALL
12. FRISBEE/KICKBALL
13. JUMPING ROPE
14. RUNNING/JOGGING
15. SOCCER
16. SKATEBOARDING/SKATING
17. SWIMMING LAPS
18. BICYCLING
19. BOOGIE BOARDING/SURFING
20. AEROBIC DANCE
21. OTHER _____

B. How much time does your child usually spend on a typical weekday watching TV and videos, or playing computer/video games?

1. _____ none
2. _____ less than 1 hour
3. _____ 1-2 hours
4. _____ 3-4 hours
5. _____ 5 hours or more

C. How safe is it for your child to play outdoors with other children in your neighborhood without adult supervision?

1. _____ very unsafe
2. _____ somewhat unsafe
3. _____ not sure
4. _____ somewhat safe
5. _____ very safe

D. During the past week, how often has an adult in your family encouraged your child to do physical activities or play sports?

1. _____ none
2. _____ once
3. _____ a few times
4. _____ often

E. During the past week, how often has an adult in your family done a physical activity or played sports with your child?

1. _____ none
2. _____ once
3. _____ a few times
4. _____ often

F. During the past week, how often has an adult in your family transported your child to a place where he or she can do physical activities or play sports?

1. _____ none
2. _____ once
3. _____ a few times
4. _____ often

G. During the past year has an adult in your family paid fees so your child could take lessons for dance, tennis, karate, judo, swimming, gymnastics, horseback riding, or other physical activity?

1. _____ no
2. _____ yes

H. During the past year has an adult in your family paid fees so your child could participate in organized physical activities (such as YMCA/YWCA, health club) or a sports team (such as little league baseball or a swimming team)?

1. _____ no
2. _____ yes

THESE QUESTIONS ARE ABOUT PARENTS AND OTHER ADULTS WHO LIVE WITH THE CHILD AT LEAST HALF THE TIME.

	Mother/ Adult <u>Female</u>	Father/ Adult <u>Male</u>	Other Adult
I. Check to indicate who lives with child at least half the time.	1..	2..	3..
J. Who is filling this out for the mother/adult female?	1..	2..	3..
K. Who is filling this out for the father/adult male?	1..	2..	3..
L. Who is filling this out for the other adult?	1..	2..	3..
M. How is the other adult related to the child? (Example: aunt) _____			

TIMES PER WEEK

Considering a 7-day period (one week), how many times on the average does each person do the following kinds of exercise for more than 20 minutes during their free time?	Mother/ Adult <u>Female</u>	Father/ Adult <u>Male</u>	Other Adult
N. MILD EXERCISE (minimal effort) For example, slow walking, fishing, bowling, ping pong, golfing, horseback riding, volleyball, badminton, horseshoes.	1..	2.	3.
O. MODERATE EXERCISE (not exhausting) For example, brisk walking, popular or folk dancing, hiking or climbing, tennis, baseball or softball, basketball, football, frisbee, smashball.		2.	3.
P. STRENUOUS EXERCISE (heart beats rapidly) For example, jogging, running, squash, racquetball, surfing, soccer, judo, karate, skating, cycling, swimming laps, aerobic dance.	1..	2..	3..

	Mother/ Adult <u>Female</u>	Father/ Adult <u>Male</u>	Other Adult
Q. What is the <u>highest grade level of school</u> completed by each person? (high school=12; college graduate=16, etc.)	1..	2..	3..
R. About how many <u>hours per week</u> does this person work outside the home?	1..	2.	3..

THANK YOU VERY MUCH FOR COMPLETING THIS SURVEY.

PLEASE RETURN IT IN THE ENCLOSED ENVELOPE AS SOON AS POSSIBLE.