



# Students on the move: Self-evaluation survey for students in higher education

Physical activity can be part of the study day in many ways. This form will help you to assess your own physical activity during the study day and your educational institution's practices related to physical activity.

**We do not ask the respondent's name in the form and respondents cannot be identified.** A summary of the answers given by the students of your educational institution will be compiled and given to the institution. This way, your educational institution will get information about students' views on practices related to physical activity during the study day and can use this information in the development of activities that support physical activity.

The information collected with the form will also be used to develop the national Students on the Move activities. The Self-evaluation survey for students in higher education is part of the follow-up of the Students on the Move programme, the implementation of which is the responsibility of Jamk University of Applied Sciences. The information accumulated through the evaluation can be utilised in research related to the Students on the Move programme.

## 1. I AGREE TO THE USE OF THE INFORMATION RECEIVED THROUGH MY ANSWERS IN THE ABOVE MENTIONED WAY \*

Yes

## BACKGROUND QUESTIONS

### 2. Mother tongue \*

- Finnish
- Swedish
- Sámi
- Russian
- Estonian
- English
- Arabic
- Somali
- Kurdish
- Chinese
- Persian/Farsi
- Other, please specify

### 3. Your gender \*

- Female
- Male
- Other
- I don't wish to say

### 4. Field of education \*

- Humanities
- Education
- Business, administration and law
- Natural sciences
- Medicine
- Agriculture and forestry
- Services
- Arts and culture
- Engineering
- Health and welfare
- Information and communication technologies (ICT)
- Social sciences

## 5. HOW OFTEN ON STUDY DAYS... \*

	4-5 days a week	1-3 days a week	less than once a week	never	not possible
I engage in physical activity in the courtyard the educational institution or nearby between the teaching/lectures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I engage in physical activity indoors at the educational institution (e.g., in the sports hall, gym or lobby areas) between the teaching/lectures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I engage in physical activity in the courtyard the educational institution or nearby between the teaching/lectures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I commute to and from school in a physically active way (e.g., walk or cycle).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I participate in exercise breaks during the teaching/lectures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I lead exercise breaks for other students during the teaching/lectures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I break down sitting and sedentary time independently during the teaching/lectures (e.g. by changing my working positions).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I participate in active learning, in which physical activity is used to support learning or in which sitting and sedentary time are reduced.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 6. I AM A PEER LEADER ACTING, FOR EXAMPLE, AS A TUTOR FOR WELLBEING OR PHYSICAL ACTIVITY \*

- Yes
- No

## 7. WHAT WOULD MOTIVATE YOU TO BE PHYSICALLY ACTIVE IN YOUR HIGHER EDUCATION INSTITUTION DURING THE STUDY DAY \*

- Challenges and campaigns.
  - Physically active tournaments and competition events.
  - Exercise equipment.
  - Possibility to borrow exercise equipment for independent physical activity.
  - Possibility to use the sports hall.
  - Possibility to use the gym.
  - Opportunities for independent physical activity at breaks during the study day.
  - Opportunities for independent physical activity in the sports hall.
  - Guided physical activity at breaks during the study day.
  - Physical activity led by other students (e.g., tutors) during the study day.
  - Independent physical activity during the time reserved for it.
  - Guided exercise breaks in lessons.
  - Individual counselling about physical activity.
  - Spending time together with other students.
  - Recreation and relaxation during the study day.
  - Other, please specify
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## 8. WHAT DO YOU THINK ABOUT THE FOLLOWING MATTERS? \*

	No	Yes	I cannot say
During the study day, opportunities for physical activity that I am interested in are provided in the educational institution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The educational institution has exercise equipment that I can use during the study day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are opportunities for me to plan the exercise breaks or physically active events in our educational institution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have participated in the planning and implementation of exercise breaks or physically active events organised at my educational institution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is possible for me to give feedback on the physical activity organised in my educational institution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like us to study in a more activity-based manner during the teaching/lectures, using physical activity to support learning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to have exercise breaks during the teaching/lectures sometimes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My educational institution encourages us to walk or cycle to and from studies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are sufficient storage facilities for bikes in the courtyard of the educational institution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have received support and encouragement from my teachers or other members of staff in the educational institution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have discussed matters related to my physical activity in student health care (e.g., with a nurse, social worker or psychologist).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have received personal exercise counselling or personal training in my educational institution.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The significance of physical activity for the work ability requirements in a future profession have been discussed in connection with the studies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 9. WHAT PREVENTS YOU FROM BEING PHYSICALLY ACTIVE IN YOUR OWN EDUCATIONAL INSTITUTION DURING THE STUDY DAY?

Select one or more options.

- There are no opportunities for being physically active.
  - There is no exercise equipment available.
  - I don't know what kind of opportunities for physical activity there are in the educational institution.
  - I'm not interested in physical activity during the study day.
  - I don't have time for physical activity.
  - I'm too tired for physical activity.
  - I prefer to engage in physical activity in my free time.
  - I'm not an active type of person.
  - I prefer to concentrate on studying.
  - My fellow students are not physically active, either.
  - I already do enough exercise.
  - Other, please specify
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