



Students on the move: Self-evaluation survey for students in general upper secondary 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 general upper secondary school'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 general upper secondary school will be compiled and given to your school. This way, your school 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 general upper secondary 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
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3. Your gender *

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

4. 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 the school yard or nearby between lessons.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I engage in physical activity indoors in the school (e.g., in the sports hall, gym or lobby areas) between lessons.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I participate in physical activity led by other students between lessons.	<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., I walk or cycle).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I participate in exercise breaks during lessons.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I lead exercise breaks for other students during lessons.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I break down sitting and sedentary time independently during lessons (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"/>

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

Yes

No

6. WHAT WOULD MOTIVATE YOU TO BE PHYSICALLY ACTIVE IN YOUR SCHOOL DURING THE STUDY DAY? *

Select one or more options.

- 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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7. WHAT DO YOU THINK ABOUT THE FOLLOWING MATTERS IN YOUR OWN SCHOOL?

	No	Yes	I cannot say
During the study day, opportunities for physical activity that I am interested in are provided in my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school 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 school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have participated in the planning and implementation of exercise breaks or physically active events.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is possible for me to give feedback on the physical activity organised in my in my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like us to study in a more activity-based manner in lessons, using physical activity to support learning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to have exercise breaks in lessons sometimes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school encourages us to walk or cycle to and from school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are sufficient storage facilities for bikes in the school yard.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have received support and encouragement from my teachers or other members of staff of my school.	<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 school.	<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"/>
I have received information about the General upper secondary school diploma in physical education.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have completed a General upper secondary school diploma in physical education.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. WHAT PREVENTS YOU FROM BEING PHYSICALLY ACTIVE IN YOUR OWN SCHOOL 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 VET.
 - 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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