

APARQ Introductory Guidelines

“Thank you for being here today and for helping us by answering this questionnaire. We would like you to work through this questionnaire and answer all the questions set out here as best you can. (Many other students in Years XXX have been given these same questions to answer.)

You answer this questionnaire by writing your response on a line or in a box. Please put up your hand if:

- i. you do not understand a question;*
- ii. you do not understand what a word means or if you are not sure what you are supposed to do;*
- iii. you make a mistake and want to change your answer and need an eraser or liquid paper.*

Please take your time in completing the questionnaire. Read each question carefully and answer as best you can. Remember that it is not a test, there are no right or wrong answers, No-one apart from the research team will see your answers and if you need some help just put up your hand. When you complete the questionnaire please read back over your answers to ensure you have not missed any questions and your answers are those you intended. Then put up your hand and a member of the research team will collect your questionnaire”.

APARQ Questionnaire

*“These questions are about sports, games, and other physical activities that you do. The first two questions are about **organised** sports and games. The next two questions (on the next page) are about **non-organised** activities that you do.*

On the first row (sport or game 1) for organised sports and games, I would like you write in “PE”. How many times per week do you do PE? (The class can call this out as a whole if it helps. The frequency and duration should be similar for students in the same class). Write this in that column. How long does your PE lesson go for? Please write this in this column.

On the next row (sport or game 2) for organised sports and games, I would like you to write in “School Sport” and the name of the sport. How many times per week do you do school sport (should be one unless they also train for it)? Write this in the second column. How long does your school sport go for? Please write this in the third column. Please only include participation time, do not include travel time).

Start with organised sports and games in summer (school terms 1 and 4). If the questionnaire is administered in Terms 2 or 3, students need to recall what they did back in Term 1, not what they intend to do in Term 4. If administered in Term 1 or 4, summer refers to what they are doing now and winter refers to what they did during the most recent winter.

The rest of this page and the next page ask about organised sports and games. organised sports and games are ones in which you compete; have training or coaching sessions, perhaps a coach, and which adults may organise. They include activities like playing on a cricket or netball team, gymnastics or dance classes, swimming squads, or classes at a gym or fitness centre.

I want you to think about all the organised sports and games you are doing now (did back in Term 1 if questionnaire administered in winter school terms (2 or 3) and write these down, each one in a separate row. For example, I do an aerobics class at the local gym every Monday, Wednesday, and Friday. This class goes for one hour. So I write 'aerobics' in the name of the sport, '3' in the 'times per week box' and '60' in the box that says 'usual amount of time spent doing this activity each time you do it' since the time is the same for every class.

I also play on a basketball team during summer. So I write 'basketball' in the name of the sport. We train one night a week for 60 minutes and play one night a week for 40 minutes. So how many times per week do I do this activity? Answer = 2. What is my total time participating? Answer = 100 mins (60 + 40). If I divide this time by the number of times per week I do this activity (100/2) this gives me 50 minutes which is what I write in the box for the time spent doing this activity each time I do it.

*Any questions? On the next page you are asked to write down all the organised games and sports you do during **winter** school terms (2 and 3), starting with PE and school sport. So if PE was the same for me in winter as it is in summer, I would write what exactly what I have written for summer. For school sport, write the name of the school sport you did last winter, the number of times you did it in a normal week (should be 1) and the length of time it went for (participation time only, not including travel time).*

*Now I also do the same number of aerobics classes in winter, so I would write this down exactly as I have for summer (aerobics, 3 times a week, 60 mins each time). You would do the same if there are any activities that you do all year round (that is, in summer and winter). In winter, however, I don't play basketball, but I play soccer instead. So I write "soccer" in "name of sport or game 3". I train twice a week for 60 mins each time and play for 80 mins on the weekend. How many times do I do the activity? Answer = 3). To calculate the average amount of time spent in the activity **each time I do it**, I add the time spent training and playing (60 + 60 + 80 = 200 mins) and divide this by the number of sessions per week (3) which gives me approximately 67 mins (200/3).*

Go ahead and complete the two pages for organised games and sports. Once you finish these pages, please put your pencil down and wait for the next instructions.

Wait until the class have finished organised activities then start the non-organised.

These next two pages ask you about the non-organised physical activities you participate in during summer and winter. Non-organised activities include things like skateboarding, surfing, riding a bike, walking or cycling to and from school, walking the dog, active chores or jobs you do at home or at work, or casually getting together with some friends to play a game or sport after school. It also includes any activities you might do at recess or lunchtimes at school like handball, walking, or pick-up games.

Let's look at non-organised activities during summer school terms. For me, I might play handball 3 times a week at recess. How long does recess go for? (20 mins)? So, realistically, I could be playing for 15 mins so I would write in "handball", 3 times a week, for 15 mins each time. I also cycle to and from school twice a week and this takes me 15 mins each way. So I write "cycling for transport", 4 times a week (twice each way), for 15 mins each time. Finally, I also like to go to the pool for two hours on the weekend to play with my friends. I don't swim laps, but I am active. So I would write "pool games", once a week, for 120 mins.

Over the page are the non-organised activities done in winter. I might also play handball for the same number of times per week and same length of time during winter so I would write this in. I don't cycle to work during winter, but I do walk the dog almost every day for 30 mins for I would write "walking the dog", 5 times a week, for 30 mins. I also don't go to the pool, but I do have a basketball ring at home and shoot hoops twice a week for 20 minutes each time.

Please go ahead and complete the rest of the questionnaire. Once you have finished, please raise your hand so one of the research team can come and check your questionnaire. Also please raise your hand if you have any questions.

Some tips when administering APARQ

- If a student does no organised physical activity (highly unlikely as they should do PE), or non-organised physical activity, prompt them by asking if they walk anywhere regularly, participate in PE, do any work that involves physical activity. If the answer is still "no", get them to write "0" in the name of the sport/activity in the first row so that the data enterers know that it is not missing data.
- For the summer school terms (1 and 4) this refers to what students are doing now. If they did different activities during Term 4 to what they do now (Term 1)

get them to record these but halve the number of times and usual amount of time spent doing them.

- There may be activities that students do in both an organised and non-organised way. For example, they might play in a basketball or netball team which competes regularly and which has regular training sessions. They would write that under organised activities. They might also play a game of basketball or netball with friends at lunchtime several times a week. That would go under non-organised activities.
- Stress importance of not discussing responses with peers.
- Students can write the same activity twice on the same page if they do it in different environments.
- Have at least two field staff administer APARQ. One to deliver the instructions and the other to wander the classroom to check responses.
- If teachers remain in classroom, try to dissuade them from wandering around and looking over students' responses. It tends to have a "halo" effect.
- If a student does > 7 activities, get them to write them at the bottom of the page and question them if this is true.
- Students should only record an activity if they do it for more than five minutes.
- If students have a calculator, ask them to bring it and use it.
- If you or a student are in doubt about any of the information provided, try to write down what your concern is and provide as much detail as possible. E.g., for an obscure sport: "playing with Jenny".