

## ***Appendix B. Methodology***

### ***Questionnaire content***

The content of the *2001 Survey of Physical Activity in Canadian Schools* was determined by the Institute in consultation with partners: the Physical Activity Unit of Health Canada along with provincial and territorial partners concerned with fitness, active living, leisure, sport, and recreation through the auspices of the Interprovincial Sport and Recreation Council, and the Canadian Association for Health, Physical Education, Recreation, and Dance.

The *2001 Survey of Physical Activity in Canadian Schools* was designed to

- explore the availability and composition of physical education programming at school.
- determine the availability and adequacy of facilities and opportunities for physical activity.
- explore the provision of extracurricular physical activities.
- determine the provisions of health promotion available for staff and students.
- examine policies related to physical activity at school.
- describe the broader physical and social environments at school.

### ***Survey methods***

The *2001 Survey of Physical Activity in Canadian Schools* was carried out in the late fall of 2001 and winter of 2002. The survey consisted of a self-completed questionnaire which was mailed to a total of 11,038 Canadian schools. This mailing was followed by a mailed reminder asking recipients to complete the survey (if they had not already done so), or thanking them for its prompt return (if this was the case). An additional mail-out was directed to those schools from whom questionnaires were not received. Returned surveys were verified for completeness and open-ended questions were coded. Data from prepared questionnaires were entered into an electronic database using double keying for accuracy.

### ***Sample and response rate***

The survey was mailed to 11,038 schools in Canada, using a mailing list obtained from the Canadian Association for Health, Physical Education, Recreation and Dance. The survey was mailed to the principal of the school at the mailing address listed in this database.

The overall response rate to this survey was 39%. Table 1 (below) provides detailed breakdowns of response rates by province or territory. The response rate was highest in the Prince Edward Island and lowest in Newfoundland.

Table 1

<b>SURVEY RESPONSE RATES BY JURISDICTION</b>			
	Number of schools mailed to	Number of questionnaires received	Response rate
Canada	11,038	4,304	39%
Atlantic	1,351	587	43%
Newfoundland	378	121	32%
Prince Edward Island	70	44	63%
Nova Scotia	520	263	51%
New Brunswick	383	159	42%
Quebec	1,316	473	36%
Ontario	5,310	1,821	34%
West	3,031	1,341	44%
Manitoba	853	462	54%
Saskatchewan	418	172	41%
Alberta	907	400	44%
British Columbia	853	307	36%
North	116	52	45%
Northwest Territories and Nunavut	80	36	45%
Yukon	30	16	53%

### **Data analysis**

Sample weights were adjusted to reflect the non-response rates. All numbers have a statistical error associated with them by virtue of the random selection of the sample. The first table in the table section (Appendix A) permits statistical tests of significance between percentages, taking into account sample design, design effect, and sample size. It specifies the difference required between two estimates for statistical significance. Caution should be used in interpreting data based on small cell sizes, particularly for provincial comparisons. According to standard practice, data released in the tables have been screened to ensure that each statistic is based on a minimum of 20 individuals. Insufficient sample size is denoted by “-”.

## *Appendix C. Notes*

**CAHPERD:** The Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) is a national, charitable, voluntary-sector organization whose primary concern is to influence the healthy development of children and youth by advocating for quality, school-based physical and health education. CAHPERD advocates and educates for quality physical and health education programs within supportive school and community environments.

**Grade level:** Grade level is categorized for these analyses into two levels: elementary and secondary. Taking in consideration provincial and territorial variations in the categorization of elementary versus secondary grades, generally, a school is defined here as elementary providing grade 6 and under or a majority of elementary grades, such as kindergarten, junior kindergarten, and jardin. The secondary school classification defines a school as secondary, which provides grade 7 and over or a majority of secondary grades.

**Income Level:** The *2001 Survey of Physical Activity in Canadian Schools* asked responding schools to estimate the distribution of family or household income of its students. From this, a classification of three categories were established: more students with higher income, and even mix of incomes, more students with lower incomes. These classifications were used for comparisons of household income contained within this report.

**QDPE:** Quality Daily Physical Education (QDPE) is CAHPERD's term for a "well-planned and implemented school program of physical education learning opportunities provided to all students in the school on a daily basis throughout the school year. A quality daily physical education program includes daily curricular instruction for all students, as well as intramural activities and school sports in which all students have the opportunity to participate. The QDPE program is the centre of CAHPERD's strategy for increasing the physical education levels of Canadian children and youth, to provide them with the knowledge and skills necessary to develop a positive attitude toward physical activity that will last a lifetime." CAHPERD has published the following four position statements:

1. "QDPE in every school is essential to successfully reversing the inactivity crisis plaguing Canadian children and youth.
2. All children and youth in Canada must receive physical education through compulsory Kindergarten to Grade 12 QDPE programs.
3. All students must receive their physical education from teachers who are qualified to teach the subject.
4. The minimum acceptable criteria for the delivery of Physical Education in Canadian schools are those set out by CAHPERD."

**School setting:** The survey probed the location of the school. The responding school had urban, suburban, or rural options. Comparisons in this report reflect data for all three types of school settings.

**School type:** The survey asked about the type of school environment of the responding school, where options include public, catholic, and other type of schools boards. Based on sample size, comparisons in this report reflect data on two classifications: public and other types of schools.