

Encouraging Active Schools

2015 OPPORTUNITIES FOR PHYSICAL ACTIVITY AT SCHOOL SURVEY



Awareness of physical activity and sport resources

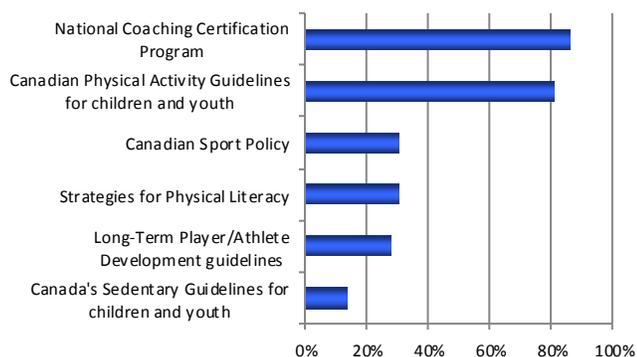
The 2015 Opportunities for Physical Activity at School Survey asked school administrators if they had heard of specific physical activity- or sport-oriented resources. This bulletin summarizes the findings in this regard in relation to school and community characteristics.

The majority of schools administrators indicate that they have heard of the National Coaching Certification Program (86%) and Canada's Physical Activity Guidelines for children and youth (81%). Roughly one-third or fewer schools have heard of the remaining specified resources, including:

- Strategies for physical literacy (31%),
- Canadian Sport Policy (31%),
- Long-Term Player/Athlete Development guidelines (28%), or
- Canada's Sedentary Guidelines for children and youth (14%).

There are generally very few significant regional differences related to the awareness of resources, with two exceptions. Compared to the national average, schools located in Quebec are less likely to have heard of Canada's Physical Activity Guidelines for children and youth and strategies for physical literacy.

FIGURE 1
Awareness of physical activity and sport resources

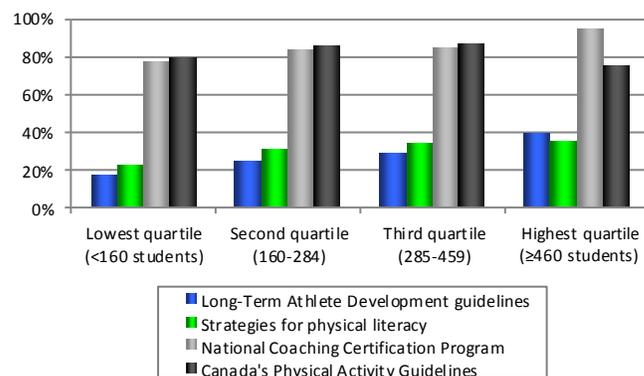


Opportunities for Physical Activity at School Survey, 2015, CFLRI

School characteristics

The smallest populated schools are less likely than some mid-to-large schools to indicate that they are aware of Long-Term Player/Athlete Development guidelines and strategies for physical literacy. The largest populated schools are also most likely to be aware of the National Coaching Certification Program. Interestingly, the largest populated schools are less likely than some mid-sized schools to be aware of Canada's Physical Activity Guidelines for children and youth.

FIGURE 2
Awareness of physical activity and sport resources by student population size

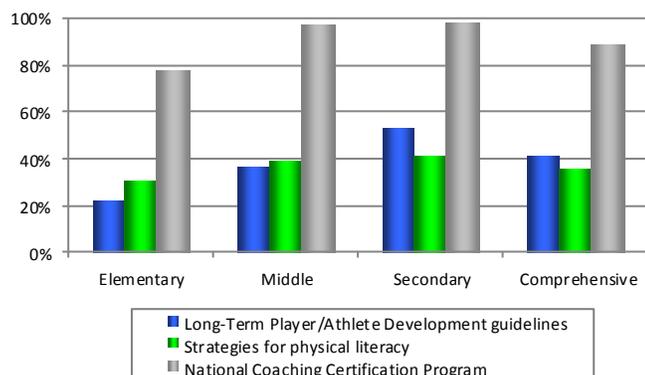


Opportunities for Physical Activity at School Survey, 2015, CFLRI

Generally speaking, administrators in secondary schools are more likely to be aware of many of the resources. For example, relatively more administrators in secondary schools say that they are aware of strategies for physical literacy, Long-Term Athlete/Player Development guidelines, and the National Coaching Certification Program, compared to the national average. Moreover, a greater proportion of middle schools and schools that combine *both* middle and secondary grade levels are aware of the National Coaching Certification Program compared to the average, whereas relatively fewer elementary schools are aware of this resource.

Compared to the national average, a greater proportion of administrators in comprehensive schools (comprised of kindergarten to grade 12) indicate that they are aware of Long-term Player/Athlete Development guidelines.

FIGURE 3
Awareness of physical activity and sport resources by school type



Opportunities for Physical Activity at School Survey, 2015, CFLRI

Community characteristics

Generally speaking, there are almost no significant differences in awareness of any of the specified physical activity or sport resources with community characteristics, with one exception. Compared to the schools in the smallest communities, schools located in communities with between 10,000 to 299,999 residents are more likely to indicate awareness of the National Coaching Certification Program.

CANADIAN FITNESS & LIFESTYLE RESEARCH INSTITUTE

201-185 Somerset Street West • Ottawa, ON K2P 0J2 • (613) 233-5528 • info@cflri.ca • <http://www.cflri.ca/>



Production of this bulletin has been made possible through a financial contribution from Sport Canada, the Interprovincial Sport and Recreation Council and the support of Physical and Health Education Canada. The views expressed herein do not necessarily represent the views of these agencies.