Effectiveness of a Resource Library and Teacher Training to Facilitate School-Based Movement Integration: An Occupation-Based Health Promotion Initiative

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Survey Results Figures

Figure 1: Movement during classroom instruction

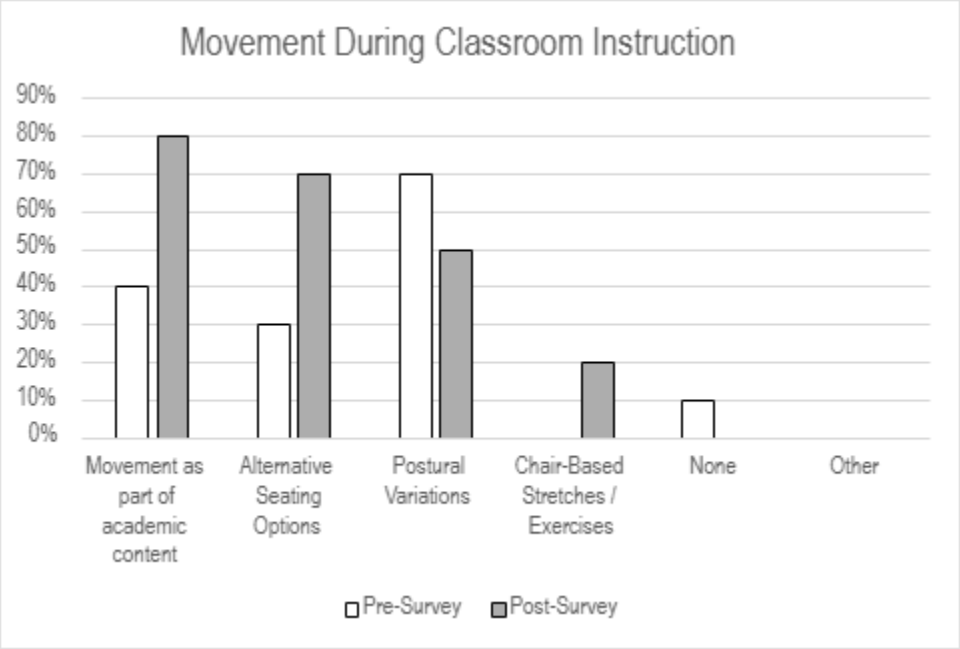


Figure 2: Movement outside of classroom instruction

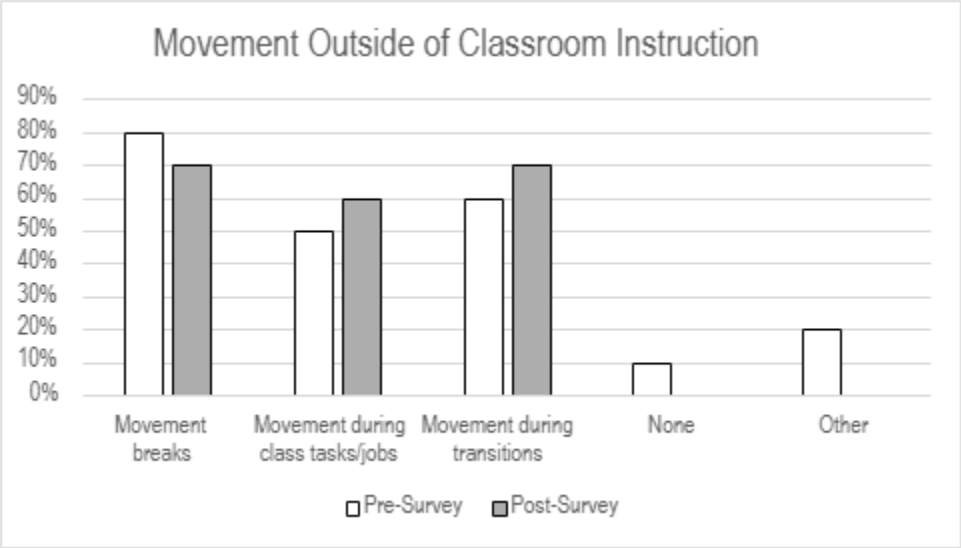


Figure 3: Teachers' feelings of accessibility to helpful movement-related materials

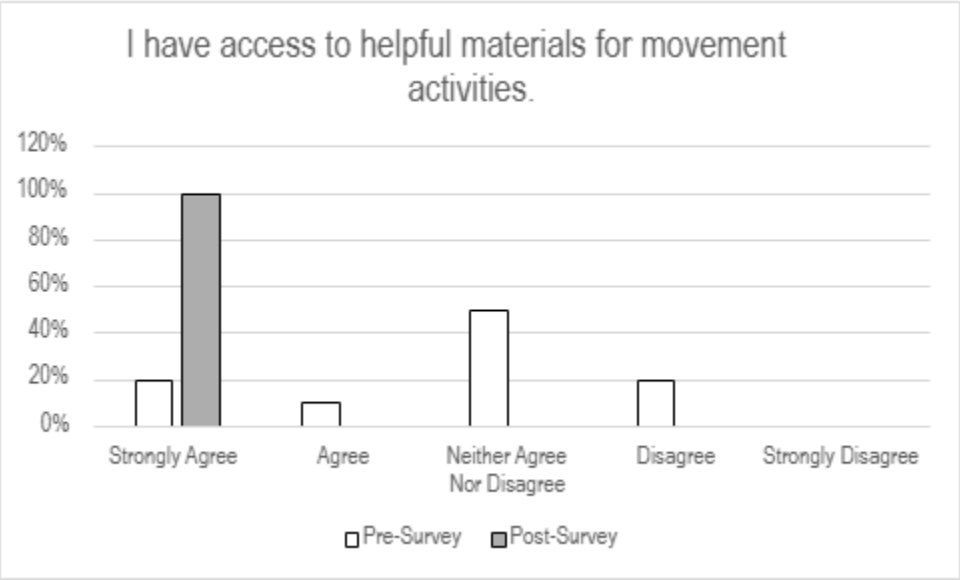


Figure 4: Teachers' feelings about the amount of space in their classroom for movement activities

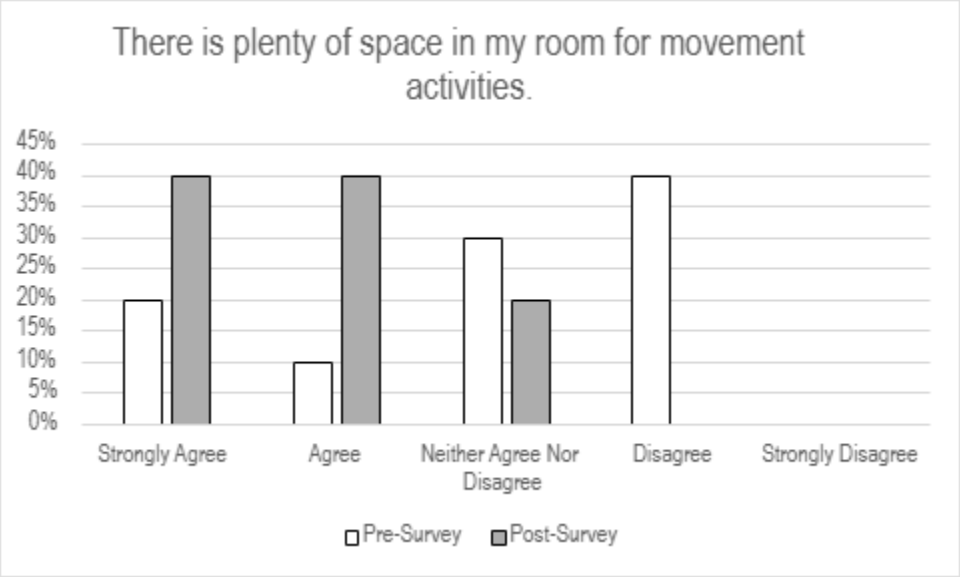


Figure 5: Teachers' feelings about whether they have time for movement activities

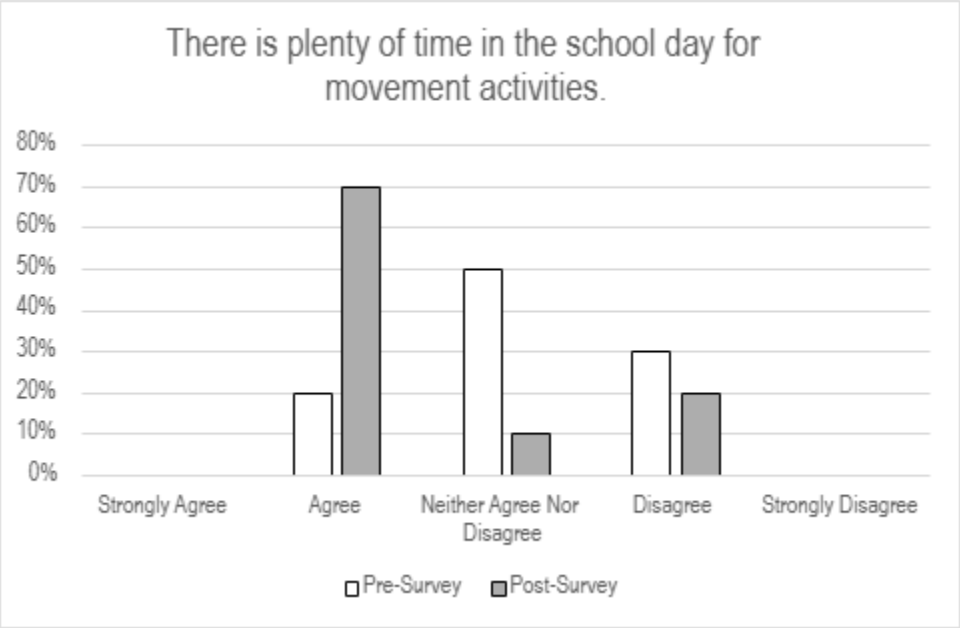
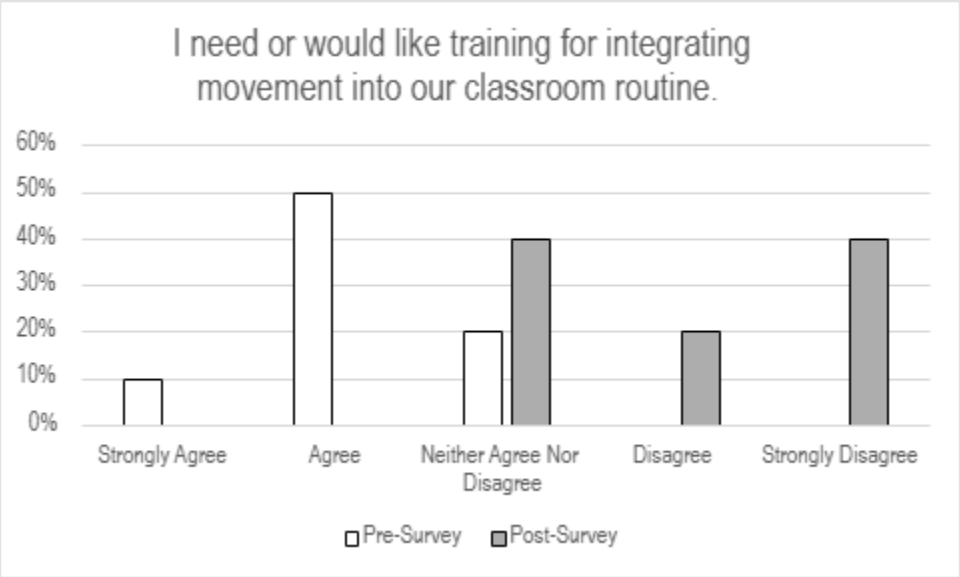


Figure 6: Teachers' needs or desires for movement integration training



Survey Results Table

Survey Question/Indicator	Pre-Survey Results (n=10)	Post-Survey Results (n=10)
Classroom (N = 31 teachers total)	32% of teachers responded	32% of teachers responded
Preschool	20%	
K	10%	
1		10%
2	30%	30%
3		
4		10%
5		10%
SPED Level 1		10%
SPED Level 2	10%	
ESOL	10%	20%
Art	10%	10%
Gifted	10%	
Types of movement provided during classroom instruction		
Movement as part of academic content	40%	80%
Alternative Seating Options	30%	70%
Postural Variations	70%	50%
Chair-Based Stretches / Exercises	0	20%
None	10%	0

Other	0	0
Frequency of movement activity during instruction (every __ minutes of sedentary time)		
	22.1 minutes average	25.8 minutes average
Duration of movement activity during instruction		
	3.2 minutes average	3.9 minutes average
Types of movement provided outside of classroom instruction		
Movement breaks	80%	70%
Movement during class tasks/jobs	50%	60%
Movement during transitions	60%	70%
None	10%	0
Other	20%	0
Frequency of movement break provided outside of instruction time (every __ minutes of sedentary time)		
	42.5 minutes average	34.4 minutes average
Duration of movement breaks outside of classroom instruction		
	3.2 minutes average	4.5 minutes average

Likert Scale Responses (SA=Strongly Agree; A=Agree; NA/A=Neither Agree nor Disagree; D=Diagree; SD=Strongly Disagree)		
Classroom/school-based movement activities are beneficial.		
SA	100%	90%
A		10%
NA/D		
D		
SD		
I feel confident in my ability to provide movement activities.		
SA	50%	70%
A	30%	30%
NA/D	20%	
D		
SD		
I have access to helpful materials for movement activities.		
SA	20%	100%
A	10%	
NA/D	50%	
D	20%	
SD		

Movement activities are easy to implement.		
SA	30%	40%
A	40%	50%
NA/D	20%	10%
D	10%	
SD		
There is plenty of space in my classroom for movement activities.		
SA	20%	40%
S	10%	40%
NA/D	30%	20%
D	40%	
SD		
There is plenty of time in the school day to provide movement activities.		
SA		
A	20%	70%
NA/D	50%	10%
D	30%	20%
SD		
Movement activities are disruptive to instruction.		
SA		
A		
NA/D	40%	40%
D	10%	40%
SD	50%	20%

I need or would like training for integrating movement into our classroom routine.		
SA	10%	
A	50%	
NA/D	20%	40%
D	10%	20%
SD	10%	40%