

Physiologist Survey Method 1: Assessing Social Support from Family and Friends:

It's easier to be active with encouragement from family and friends. In this survey, you will rate the level of support that you receive from others to help you be physically active. Each member of the group will complete the table below. Check the column that indicates the level of support you believe is provided by the family member, friend, or teacher noted in the first column.

Questions	A lot! 5	Often 4	Sometimes 3	Rarely 2	Never 1
1. Does your Mom encourage you to be physically active?					
2. Does your Dad encourage you to be physically active?					
3. Do other family members encourage you to be physically active?					
4. Do your parents take you places that allow you to be physically active?					
5. Do your friends invite you to do active things outside of school?					
6. Do your grandparents ask you to do active things?					
7. Do you participate in group's activities such as sports, leagues, dance troop, martial arts?					
8. Does your PE teacher encourage you to be physically active?					
9. Do any other teacher or staff members and your school encourage you to do active things?					

What did you learn about support for being physically active from people around you?

What can you do to get people to support being more active?

How do the people around you affect what you do?


Group Work: Analyze your Results

1. Create a graph:

Once everyone completes the surveys, assign two people in the group to make a master copy with all the numbers. You will need to know the score for each item as noted on the first line of the survey form (for example, the "SOMETIMES" response =3). To do that, use the chart below to write down the scores each person gave each item.

Physiologists, put your data into a graph to help you decide how the group's support systems measure up.

First, record the scores of each response from all of the surveys using the table below. **Second, add** the numbers in each column using a calculator and put the total in the bottom row.

	Question 1	Question 2	Question 3	Question 4	Question 5	Question 6	Question 7	Question 8	Question 9
Student 1									
Student 2									
Student 3									
Student 4									
Student 5									
Student 6									
Student 7									
Student 8									
Student 9									
Total 									

Using the graph for "Survey 1 – Social Support Systems" in the *Physiologists' Presentation Template*, replace the numbers in the datasheet with the numbers from the last line above. Or alternatively, you can consider using the average score. Check with your teacher about how to calculate an average score.

2. Note special comments

Using a highlighter marker, mark comments classmates made that you feel are especially important. As a group, decide on 3-5 comments to share with the class in your presentation.

3. Discuss what you've learned

As a group, decide the most important things you've learned about your social support system. As researchers, what areas do you feel should be addressed if you are to change the level of support around you? Answer the question, "If we were to change those around us to encourage more activity, we think it is most important to..."