

Physiologist Survey Method 2: Assessing Student Activity During Lunch or Recess:

Recess and lunch are times of the day that students can be active. Conduct an observational study of student activity levels during lunch and recess at your school.

During recess or lunch, your group will observe activity patterns of boys and girls over a period of 10 minutes. With a partner from your group, pick an area to observe. Be sure each set of partners observe a different area. Outside areas can be: play ground, field, patio area/sidewalk. Inside areas can be: gym, classroom, hallway. Wait to start your first observation until the majority of students are out of the classroom and out in the observation area. Using the table below, observe and record information about boys and girls separately. For the first observation area, count the number of boys either doing sitting, standing, walking, or running. Record the number for each activity under the number observed column. Then count and record the number of girls doing these activities. Move to the next observation area and repeat the observation, except count the girls first. Repeat the same procedure for the next observation area and decide whether to do girls or boys first.


BOYS	
Name of area observed	
How many boys were . . .	
1. sitting	
2. standing	
3. walking	
4. running or highly active	


GIRLS	
Name of area observed	
How many girls were . . .	
1. sitting	
2. standing	
3. walking	
4. running or highly active	

Group Work: Analyze your Results

1. Create a graph:

Once each set of pairs complete their observations, pool the information for all of the observed areas below

BOYS	Observation Area 1	Observation Area 2	Observation Area 3	Total number
Name of area observed				
How many boys were . . .				
1. sitting				
2. standing				
3. walking				
4. running or highly active				

GIRLS	Observation Area 1	Observation Area 2	Observation Area 3	Total number
Name of area observed				
How many girls were . . .				
1. sitting				
2. standing				
3. walking				
4. running or highly active				

Using the graph for "Survey 2 – Activity during recess" in the *Physiologists Presentation Template*, replace the "area" and "activity" data with the numbers from the columns above in the boys graph and in the girls graph.

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 the activities of your classmates. As researchers, what areas do you feel should be addressed if you are to change the level of activity of your classmates? Answer the question, "if we were to change our communities for the better, we think it is most important to..."