



Physiologist Survey Method 3: Assessing your Route to School:

Getting to School

One way we can find out how active we are each day is to look at how we get to and from school. Think over the last week the mode of transportation you used to and from school? Circle the appropriate response to each question below about how you got to school.

1. During the last 7 days, not including today, how many days did you **walk**

a. **to school?** 0 1 2 3 4 5

b. **from school?** 0 1 2 3 4 5

2. During the last 7 days, not including today, how many days did you ride the **bus**

a. **to school?** 0 1 2 3 4 5

b. **from school?** 0 1 2 3 4 5

2. During the last 7 days, not including today, how many days did you **ride a bike**

a. **to school?** 0 1 2 3 4 5

b. **from school?** 0 1 2 3 4 5

2. During the last 7 days, not including today, how many days did you **ride in a car**

a. **to school?** 0 1 2 3 4 5


b. **from school?** 0 1 2 3 4 5


Group Work: Analyze your Results

1. Create a graph:

Physiologists, put your data into a graph to help you decide how transportation to school plays a part in daily activity levels.

First, total the results of all the surveys using the table below and a calculator. Write the numbers from the questions of each survey in the correct column and row.

	Number of days transportation TO school was:			
	Walk	Bus	Ride Bike	Car
Student 1				
Student 2				
Student 3				
Student 4				
Student 5				
Student 6				
Student 7				
Student 8				
Student 9				
Student 10				
TOTAL 				

	Number of days transportation FROM school was:			
	Walk	Bus	Ride Bike	Car
Student 1				
Student 2				
Student 3				
Student 4				
Student 5				
Student 6				
Student 7				
Student 8				
Student 9				
Student 10				
TOTAL 				

Total the "walk" columns, the "bus" columns, the "ride bike" columns, and the "car" columns in each

table for “TO” school and “FROM” school. Using the graph for “Survey 3 – Getting to School” in the *Physiologists Presentation Template*, replace the data for the modes of transportation to school and from school with the numbers from the bottom rows, “Total”, above.

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 transportation to and from school 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...”