



4-H DANCEFIT PARTICIPANT PRE-SURVEY

1. How old are you?

- 10 or younger 11 12 13 14 15 16 17 18 or older

2. What grade are you in? If it is summer break, which grade will you be starting in the fall?

- 3rd 4th 5th 6th 7th 8th 9th 10th 11th 12th

3. Which of the following best describes you?

- | | |
|---|--|
| <input type="radio"/> Asian | <input type="radio"/> Native Hawaiian / Other Pacific Islander |
| <input type="radio"/> Black or African American | <input type="radio"/> White or Caucasian |
| <input type="radio"/> Hispanic or Latino | <input type="radio"/> More than one race |
| <input type="radio"/> Native American | <input type="radio"/> I don't know |

4. Which of the following best describes your gender? Male Female I do not want to say

5. Which one of the following describes you best for the last 7 days?

Read all five statements before deciding on the one answer that describes you.

- All or most of my free time was spent doing things that involve little physical effort
- I sometimes (1 — 2 times last week) did physical things in my free time
(e.g. played sports, went running, swimming, bike riding, did aerobics)
- I often (3 — 4 times last week) did physical things in my free time
- quite often (5 — 6 times last week) did physical things in my free time
- I very often (7 or more times last week) did physical things in my free time

6. On an average school day, how many hours do you watch TV, play electronic games or use a computer for something that is not school work? (Count time spent on things such as Xbox, Playstation, Ipad or other tablet, smartphone, texting, Youtube, Instagram, Facebook or other social media.)

- I do not watch TV or play video/computer games or use a computer for something that is not school work
- | | |
|--|---|
| <input type="radio"/> Less than 1 hour per day | <input type="radio"/> 3 hours per day |
| <input type="radio"/> 1 hour per day | <input type="radio"/> 4 hours per day |
| <input type="radio"/> 2 hours per day | <input type="radio"/> 5 or more hours per day |



7. Physical fitness can _____ be fun.

- Always
- Sometimes
- Rarely
- Never

8. How often do you dance?

- Everyday
- Once a week
- Once a month
- Less than once a month
- Never

9. Through dancing I will be able to . . .	Definitely Not	Probably Not	Not sure	Probably Will	Definitely Will
a. Improve my breathing and heart rate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Bend and move easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Maintain a good posture and balance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Develop stronger bones and muscles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Improve my performance in physical activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Improve my overall physical health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. In general, how would you say your health is?

- Excellent Very Good Good Fair Poor

11. Your first name starts with a . . .

- A N
- B O
- C P
- D Q
- E R
- F S
- G T
- H U
- I V
- J W
- K X
- L Y
- M Z

12. Your last name starts with a . . .

- A N
- B O
- C P
- D Q
- E R
- F S
- G T
- H U
- I V
- J W
- K X
- L Y
- M Z

13. You were born on which month?

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

