Appendix 1

Hoops 4 Health (H4H) Pre-Assessment Survey

Please circle the number corresponding to your answers. Thank you!

1. How much do you like science?

Not at all Somewhat A lot

1 2 3 4 5

2. What do you think of science? I think science is …

Easy Neutral (No feelings) Hard

1 2 3 4 5

3. How many days in the past week did you think about science in your everyday life? (For example, why the sky is blue or how a light bulb works.)

0-1 2-3 4-5 6-7

4. Did you think about health this past week? If so, what do you do to take care of your health?

\_\_\_\_\_  Yes, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_  No

5. How much do you know about eating healthy foods?

Not at all Somewhat A lot

1 2 3 4 5

6. How many days each week do you eat breakfast?

0-1 2-3 4-5 6-7

7. How many days each week do you eat fruit?

0-1 2-3 4-5 6-7

8. How many days each week do you eat vegetables?

0-1 2-3 4-5 6-7

(Continued on next page)

9. How many days each week do you participate in a physical activity?

0-1 2-3 4-5 6-7

10. On the days you participate in a physical activity, how many total minutes do you play?

0-15 > 15 mins > 30 min > 1 hour > 2 hours

11. How important is it to you to stay physically active?

Not at all Somewhat A lot

1 2 3 4 5

12. What do you want to do when you grow up? Please rank 3 choices by writing 1, 2, or 3 next to them.

\_\_\_\_ Arts (artist, dancer, chef, fashion designer)

\_\_\_\_ Business/Finance

\_\_\_\_ City worker (police, firefighter, bus driver, etc.)

\_\_\_\_ Education and Social Services (teacher)

\_\_\_\_ Entertainment (musician, singer)

\_\_\_\_ Health (doctor, nurse)

\_\_\_\_ Government (president, politician)

\_\_\_\_ Science

\_\_\_\_ Service (salesperson, waiter)

\_\_\_\_ Other:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Please fill in)

13. What's your favorite subject in school?

Science Math English Social Studies Arts/Music Other

14. Do you have a family member who works in science, engineering, or healthcare?

Yes No

15. What do your parents/guardians do?

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16. What could someone you know (parent, family member, teacher, counselor, etc.) do or say to make you become more interested in science?

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