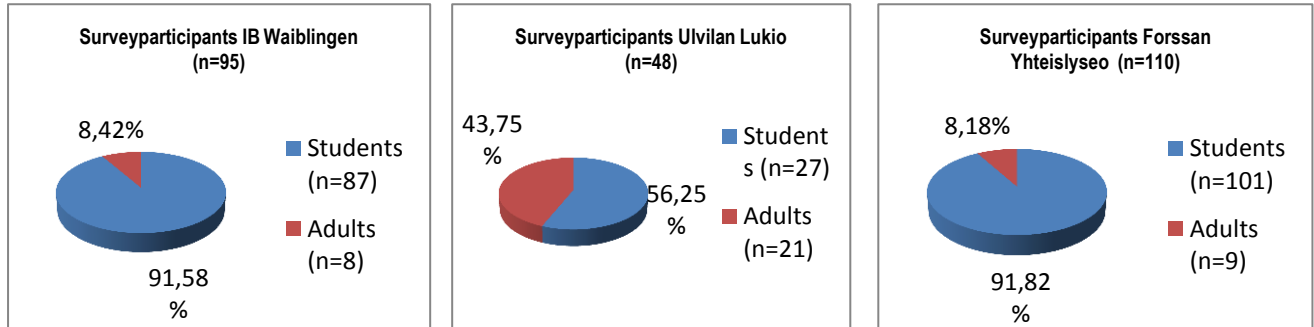


Evaluation of the student survey „Move your body – help your mind. Fit und Schlau durch Bewegung!“

General Information:

Sample size (return of the questionnaires):



total: survey: n = 253 (statistical population whole survey)
students: n = 215 (statistical population students)
adults: n = 38 (statistical population adults)

date: 1. survey point in time (Jan – Feb 2019)

Internationaler Bund – Berufliche Schulen Waiblingen (Germany):

Survey participants	Sex of survey participants	Age of survey participants
total: n=95	female: 74,7% (n=71)	15 – 16 years: 10,5% (n=10)
students: n=87	male: 24,2% (n=23)	17 – 18 years: 44,2% (n=42)
adults: n=8	third gender: 1,1% (n=1)	19 – 21 years: 36,8% (n=35)
		22 – 40 years: 3,2% (n=3)
		41 – 60 years: 4,2% (n=4)
		older than 60: 0,0% (n=0)

Ulvilan Lukio (Finland):

Survey participants	Sex of survey participants	Age of survey participants
total: n=48	female: 58,3% (n=28)	15 – 16 years: 43,8% (n=21)
students: n=27	male: 41,7% (n=20)	17 – 18 years: 12,5% (n=6)
adults: n=21	third gender: 0,0% (n=0)	19 – 21 years: 0,0% (n=0)
		22 – 40 years: 4,2% (n=2)
		41 – 60 years: 37,5% (n=18)
		older than 60: 2,1% (n=1)

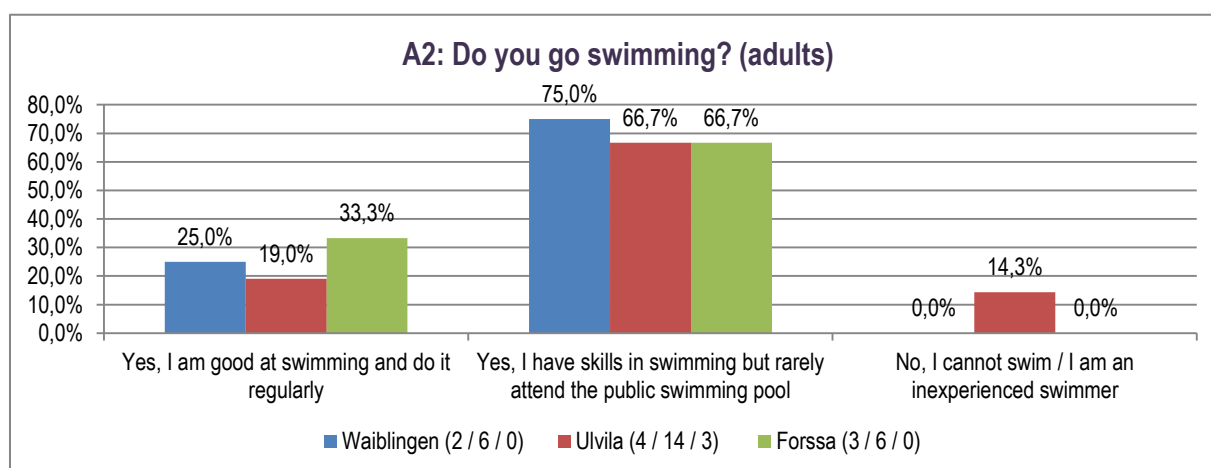
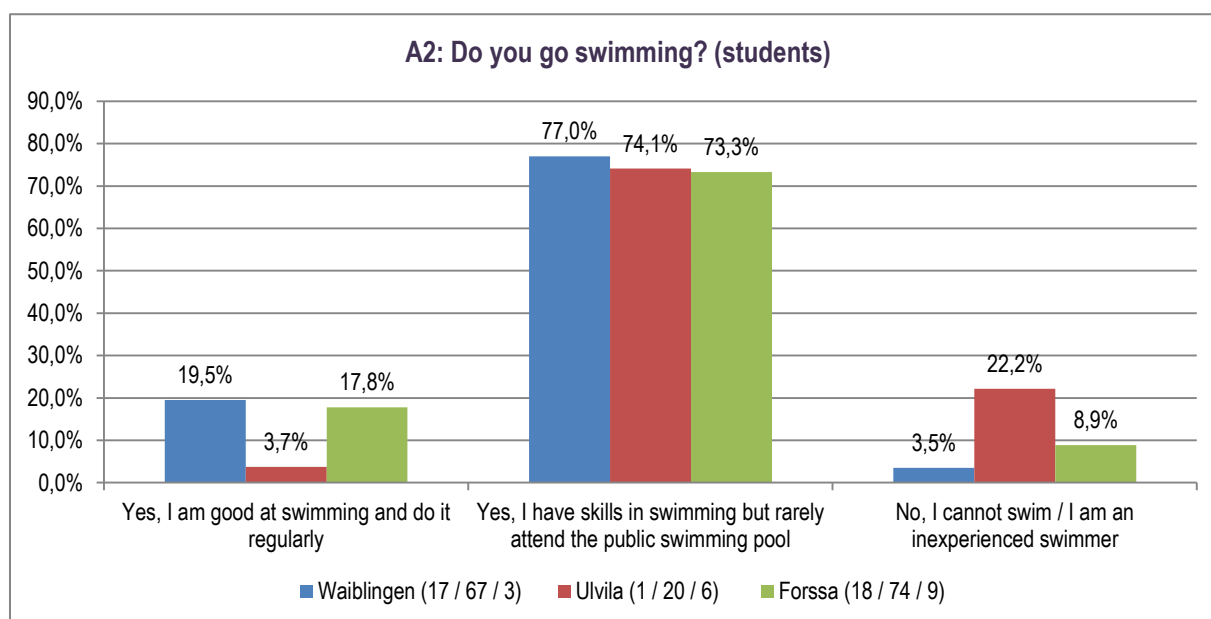
Forssan Yhteislyseo (Finland):

Survey participants	Sex of survey participants	Age of survey participants
total: n=110	female: 62,7% (n=69)	15 – 16 years: 34,6% (n=38)
students: n=101	male: 37,3% (n=41)	17 – 18 years: 57,3% (n=63)
adults: n=9	third gender: 0,0% (n=0)	19 – 21 years: 0,0% (n=0)
		22 – 40 years: 1,8% (n=2)
		41 – 60 years: 6,4% (n=7)
		older than 60: 0,0% (n=0)

Module A: Sports and exercises (part 1: A1 – A5)

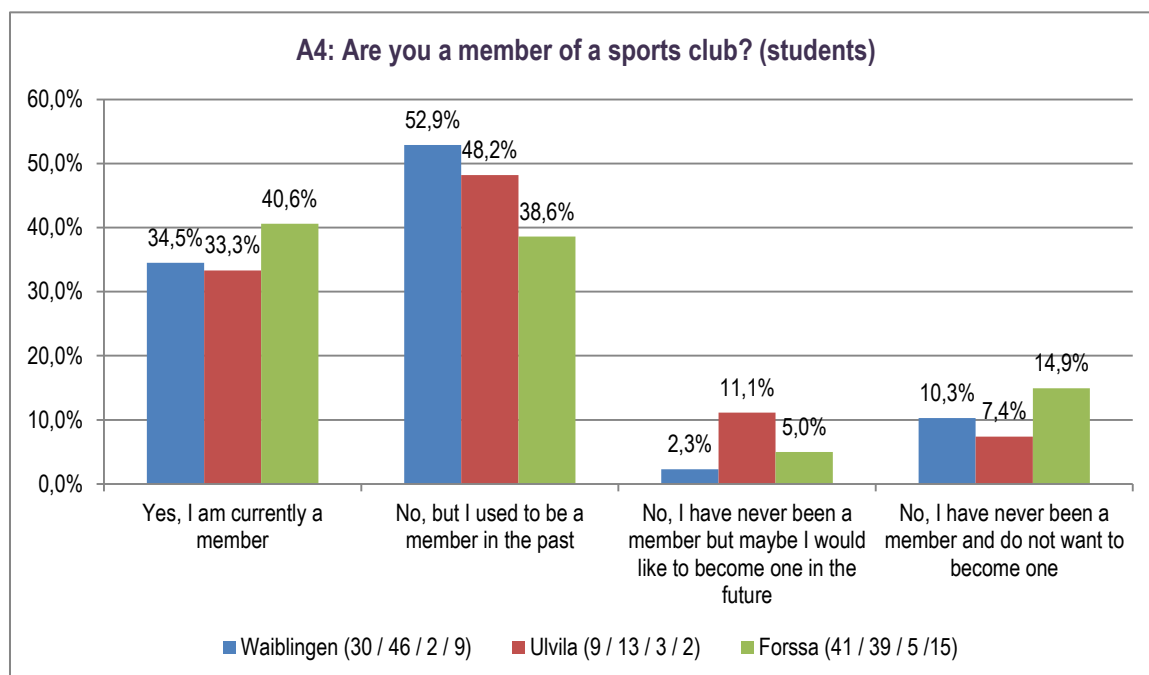
A1: How do you get to school / to work? (students / adults ; multiple answers were possible)

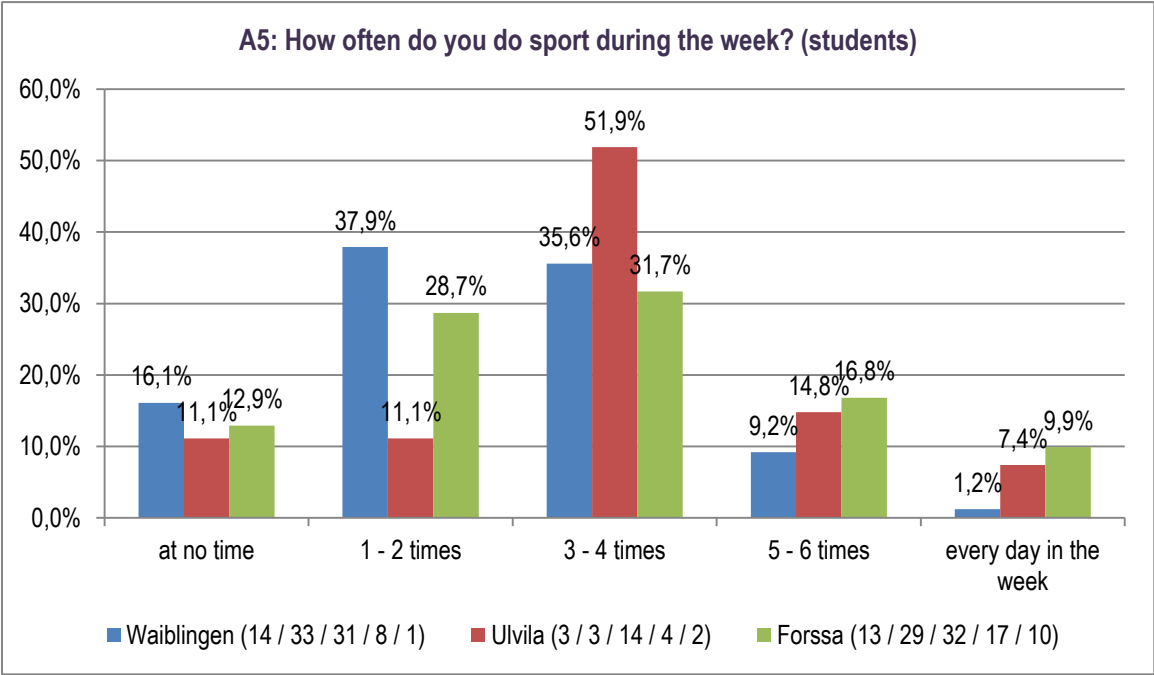
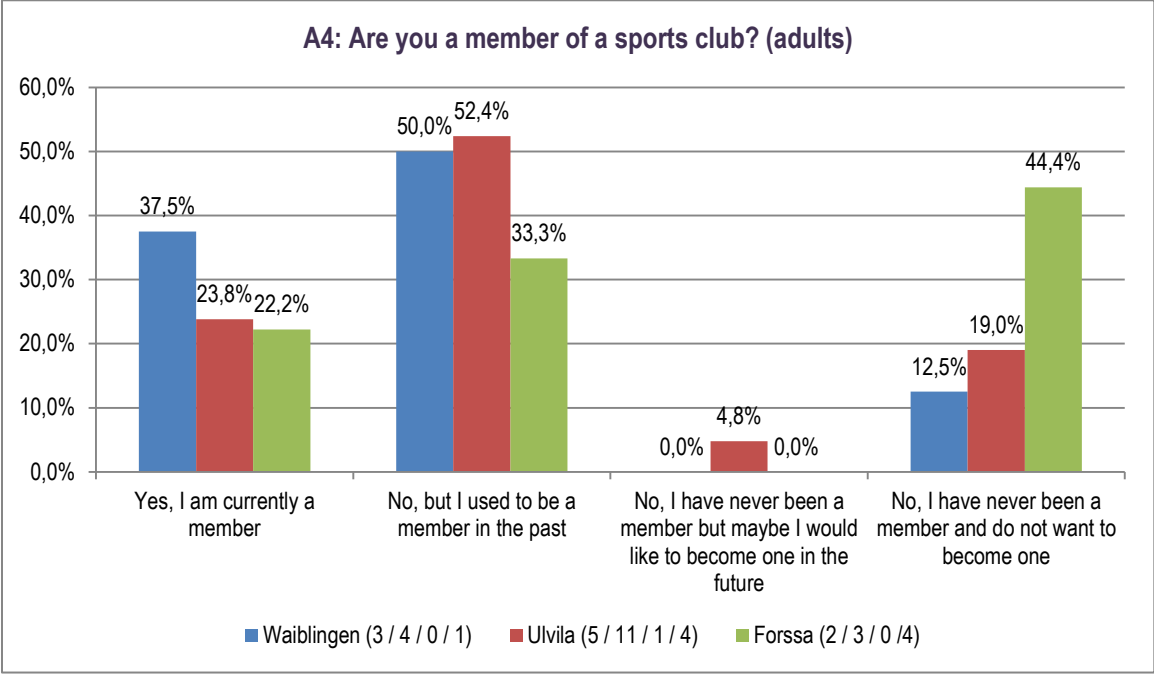
IB Waiblingen	Ulvilan Lukio	Forssan Yhteislyseo	total (survey)
1. public transport – 75 (61,5%)	1. car – 32 (54,2%)	1. car – 55 (34,0%)	1. public transport – 112 (32,65%)
2. car – 22 (18,0%)	2. bike – 9 (15,3%)	2. on foot – 31 (19,1%)	2. car – 109 (31,77%)
3. on foot – 15 (12,3%)	3. public transport – 7 (11,9%)	3. public transport – 30 (18,5%)	3. on foot – 52 (15,16%)
4. motorcycle / scooter – 7 (5,7%)	4. on foot – 6 (10,2%)	4. motorcycle / scooter – 24 (14,8%)	4. motorcycle / scooter – 36 (10,50%)
5. bike – 3 (2,5%)	5. motorcycle / scooter – 5 (8,5%)	5. bike – 22 (13,6%)	5. bike – 34 (9,91%)



A3: Do you do sport on a regular basis? (students / adults ; multiple answers were possible)

IB Waiblingen	Ulvilan Lukio	Forssan Yhteislyseo	total (survey)
1. no sport – 27 (22,3%)	1. gymnastics / athletics – 16 (27,6%)	1. cycling / jogging / swimming – 35 (26,9%)	1. cycling / jogging / swimming - 68 (22,4%)
2. fitness workouts – 25 (20,7%)	2. cycling / jogging / swimming – 15 (25,9%)	2. gymnastics / athletics – 29 (22,3%)	2. teamsports - 55 (18,2%)
3. teamsports – 18 (14,9%)	3. teamsports – 9 (15,5%)	3. teamsports – 28 (21,5%)	3. gymnastics / athletics - 52 (17,2%)
3. cycling / jogging / swimming – 18 (14,9%)	4. no sport – 7 (12,1%)	4. no sport – 14 (10,8%)	4. no sport - 48 (15,8%)
5. miscellaneous (dancing; tennis; horse riding) – 17 (14,0%)	5. fitness workouts – 6 (10,3%)	5. miscellaneous (horse riding; shooting; skiing; karting) – 9 (6,9%)	5. fitness workouts - 39 (12,9%)
6. gymnastics / athletics – 7 (5,9%)	6. miscellaneous (badminton; skiing; e- sport; yardwork) – 5 (8,6%)	6. fitness workouts – 8 (6,2%)	6. miscellaneous - 31 (10,2%)
7. martial arts – 3 (2,5%)		7. martial arts – 7 (5,4%)	7. martial arts - 10 (3,3%)





Module A: Sports and exercises (part 2: A6 – A14)

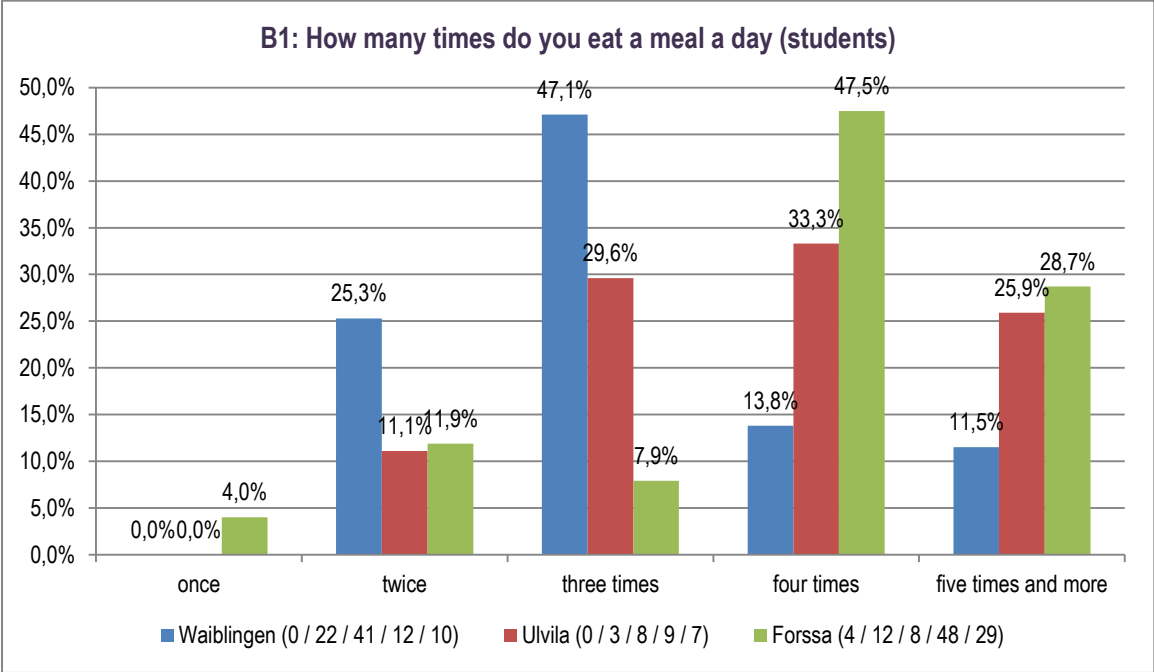
A6 – A14: Personal statements to subjects about sport (students)

Survey-subjects (attitude sport)	Classification	Mean value of the answers at Waiblingen (n=87)	Mean value of the answers at Ulvila (n=27)	Mean value of the answers at Forssa (n=101)
For a more healthy life everyone should do more sport. (A6)	<i>society & social contacts</i>	4,13	4,37	4,00
Sporting activities support my social contacts and relationships (A9)	<i>society & social contacts</i>	3,23	3,11	3,32
After completing a sports exercise / unit, I feel satisfaction (A7)	<i>success</i>	4,06	3,52	3,90
When I am doing a regular sporting activity, my desire is to achieve a competitive level of productivity sport standard (A13)	<i>success</i>	2,95	3,15	3,12
Sport and exercise are important to my personal health (A8)	<i>health</i>	4,13	4,00	4,05
Sports are a good balance to my lack of exercise / inactivity at school (work) in my daily life (A11)	<i>health</i>	3,94	4,00	3,73
I feel physically fit and healthy (A14)	<i>health</i>	3,69	3,27	3,70
I am thrilled by new sports and I want to try them as soon as possible (A10)	<i>innovation</i>	2,21	2,52	2,44
I prefer spending time with outdoor activities (A12)	<i>outdoor exercise</i>	3,44	3,15	3,32
Average Society & Social Contacts:	A6 + A9	3,68	3,74	3,66
Average success:	A7 + A13	3,51	3,34	3,51
Average health::	A8 + A11 + A14	3,92	3,76	3,83
Innovation:	A10	2,21	2,52	2,44
Outdoor exercise:	A12	3,44	3,15	3,32
attitudes for sports (average)		3,352	3,302	3,352
Attitudes for sports (statistical population):	3,346			

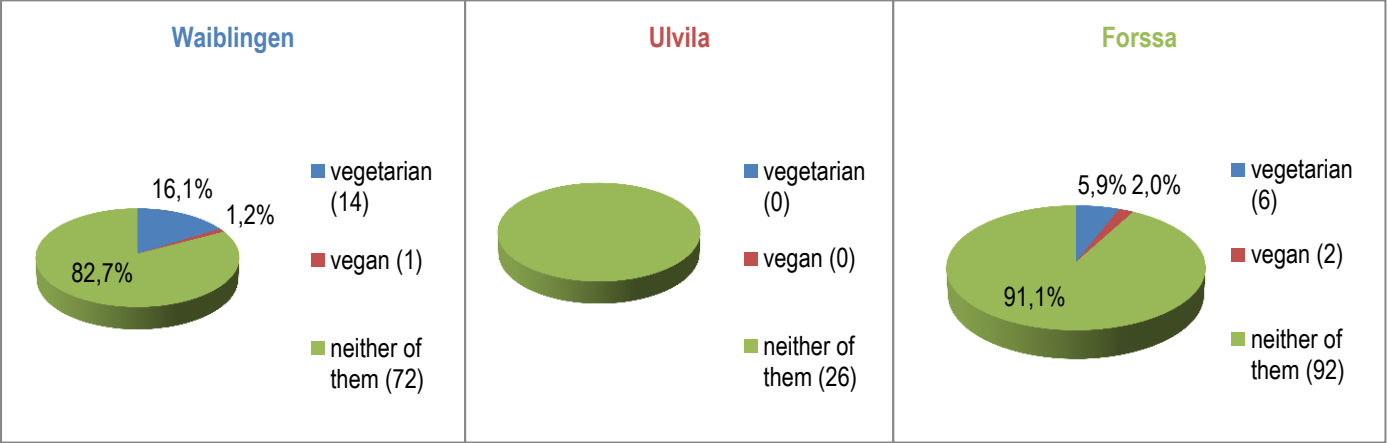
A6 – A14: Personal statements to subjects about sport (adults)

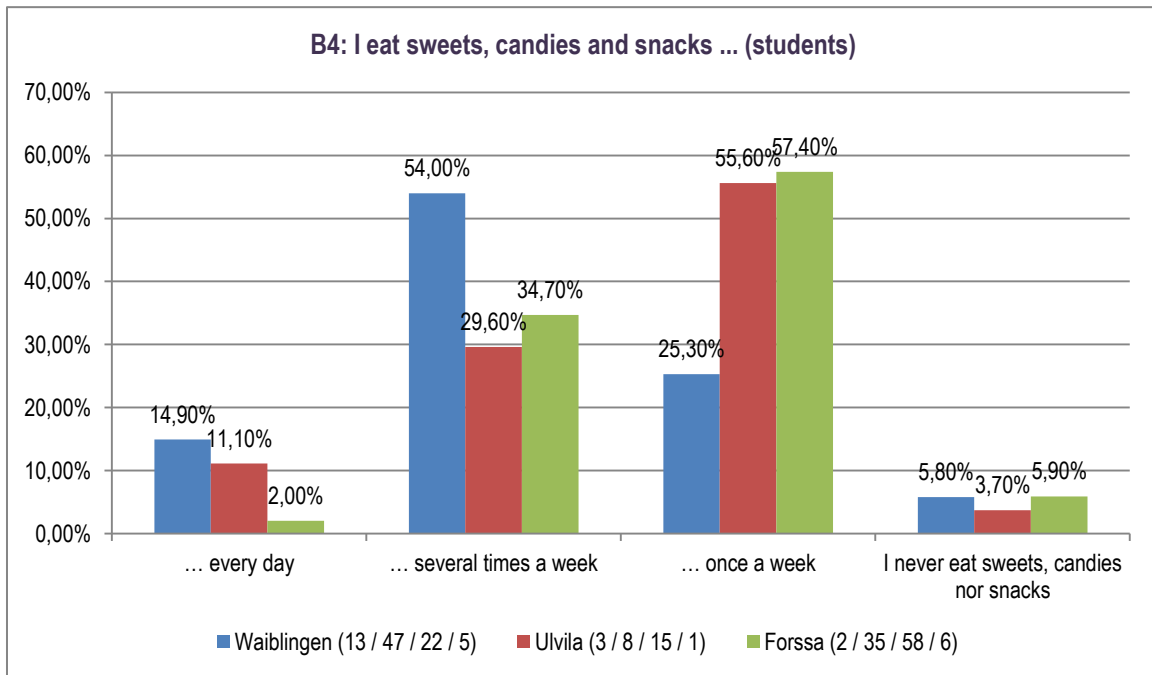
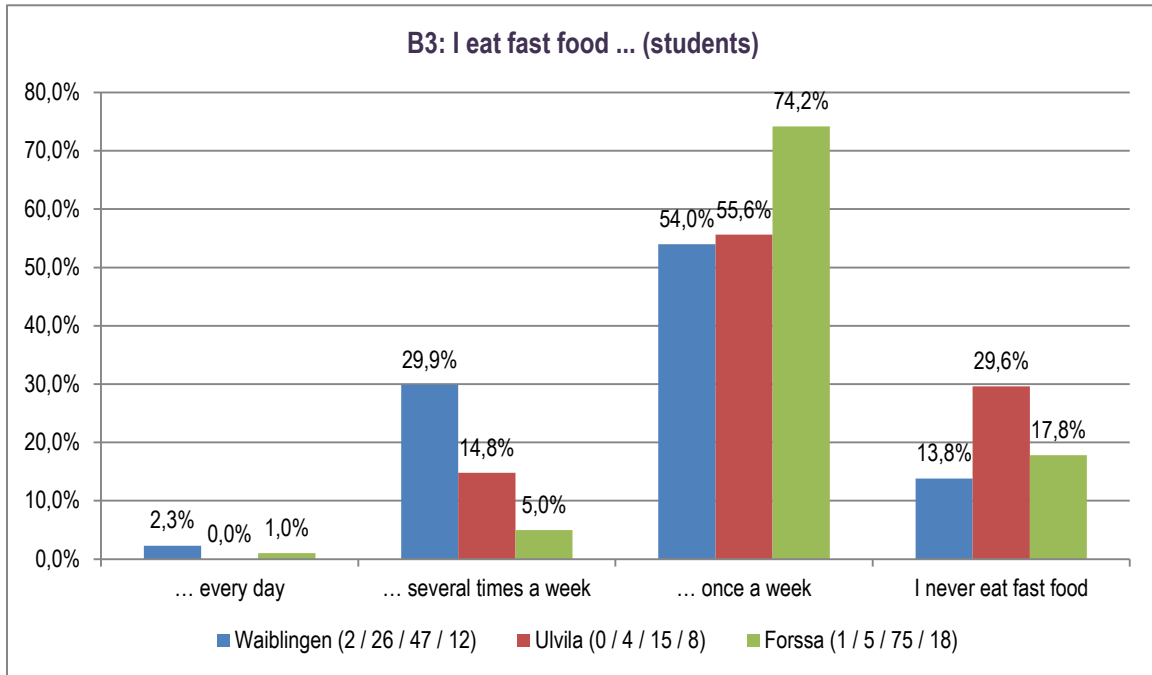
Survey-subjects (attitude Sport)	Classification	Mean value of the answers at Waiblingen (n=8)	Mean value of the answers at Ulvila (n=21)	Mean value of the answers at Forssa (n=9)
For a more healthy life everyone should do more sport. (A6)	<i>society & social contacts</i>	3,38	4,38	4,33
Sporting activities support my social contacts and relationships (A9)	<i>society & social contacts</i>	3,38	3,57	3,22
After completing a sports exercise / unit, I feel satisfaction (A7)	<i>success</i>	3,50	4,33	4,33
When I am doing a regular sporting activity, my desire is to achieve a competitive level of productivity sport standard (A13)	<i>success</i>	2,25	2,24	2,67
Sport and exercise are important to my personal health (A8)	<i>health</i>	4,00	4,14	4,33
Sports are a good balance to my lack of exercise / inactivity at school (work) in my daily life (A11)	<i>health</i>	3,38	4,14	3,67
I feel physically fit and healthy (A14)	<i>health</i>	3,75	3,48	3,67
I am thrilled by new sports and I want to try them as soon as possible (A10)	<i>innovation</i>	2,00	2,14	1,89
I prefer spending time with outdoor activities (A12)	<i>outdoor exercise</i>	4,63	3,81	4,11
Average Society & Social Contacts:	A6 + A9	3,38	3,98	3,78
Average success:	A7 + A13	2,86	3,29	3,50
Average health::	A8 + A11 + A14	3,71	3,92	3,89
Innovation:	A10	2,00	2,14	1,89
Outdoor exercise:	A12	4,63	3,81	4,11
attitudes for sports (average)		3,316	3,428	3,434
Attitudes for sports (statistical population):	3,406			

Module B: Healthy life and good nutrition (part 1: B1 – B8)

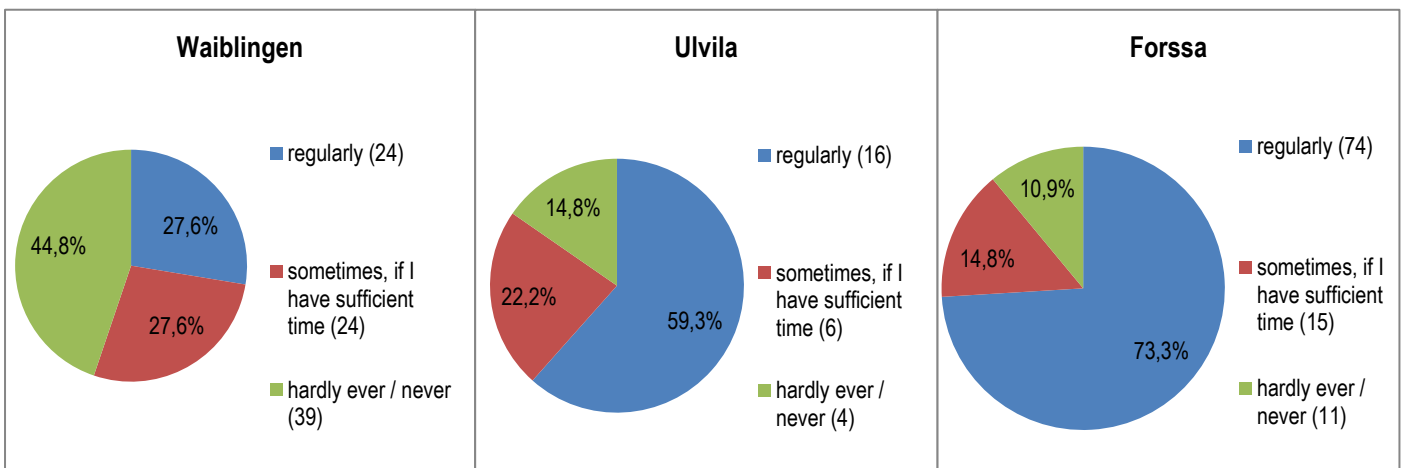


B2: How's your nutrition behaviour? (students)



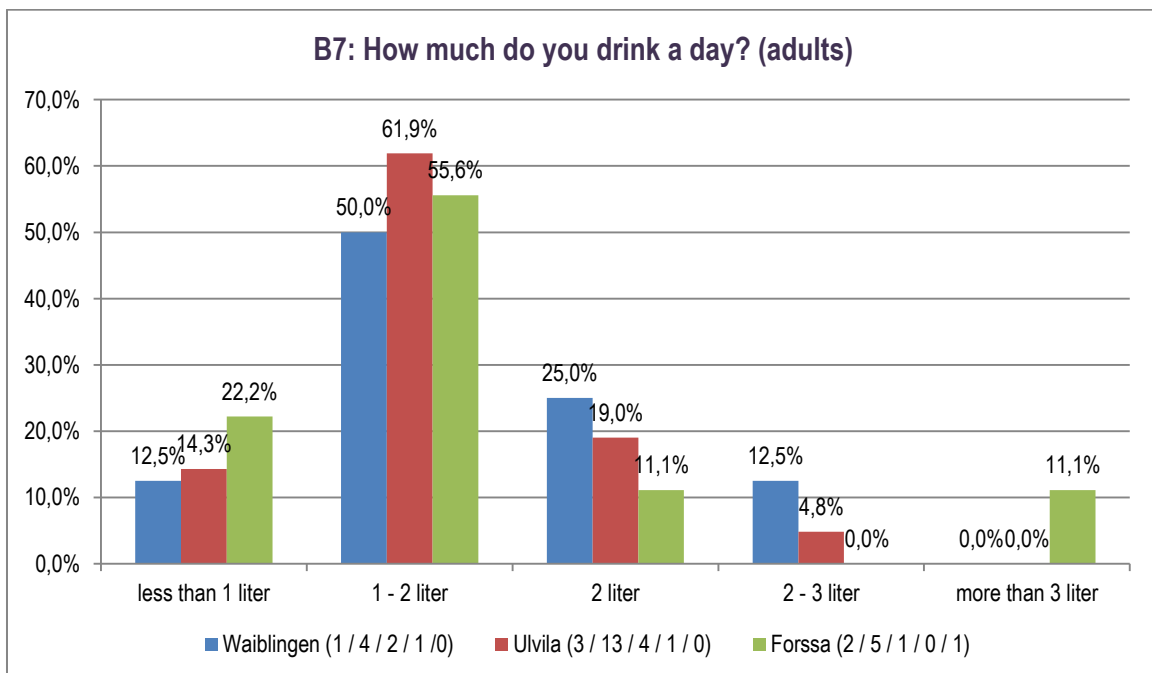
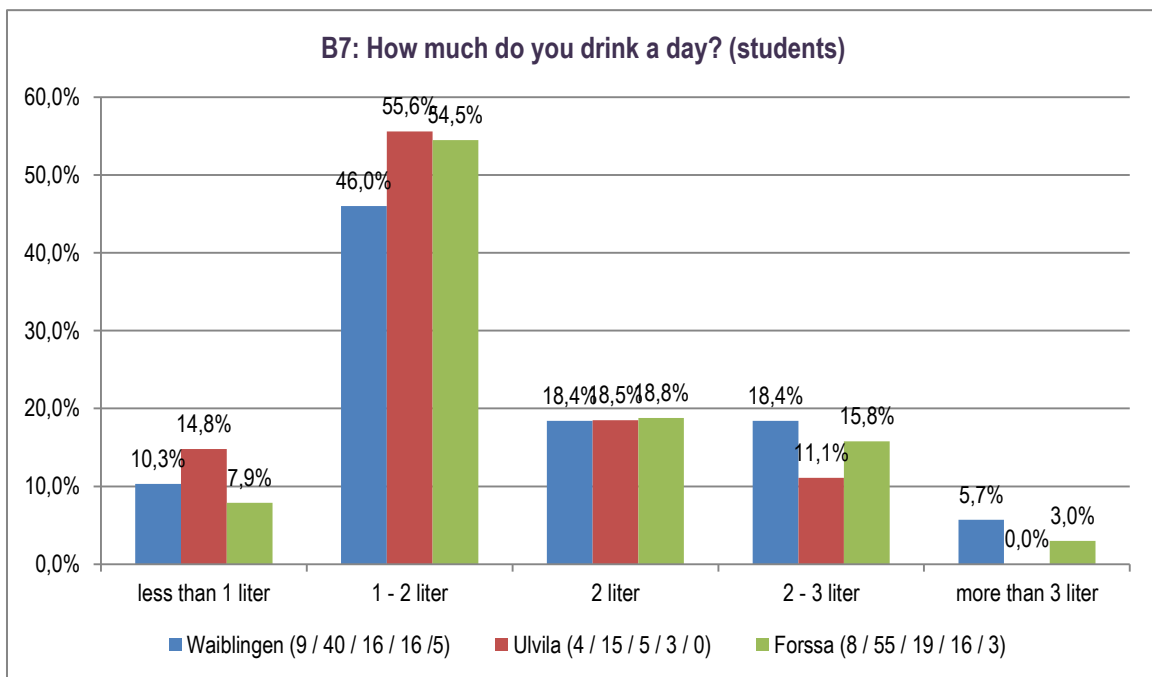


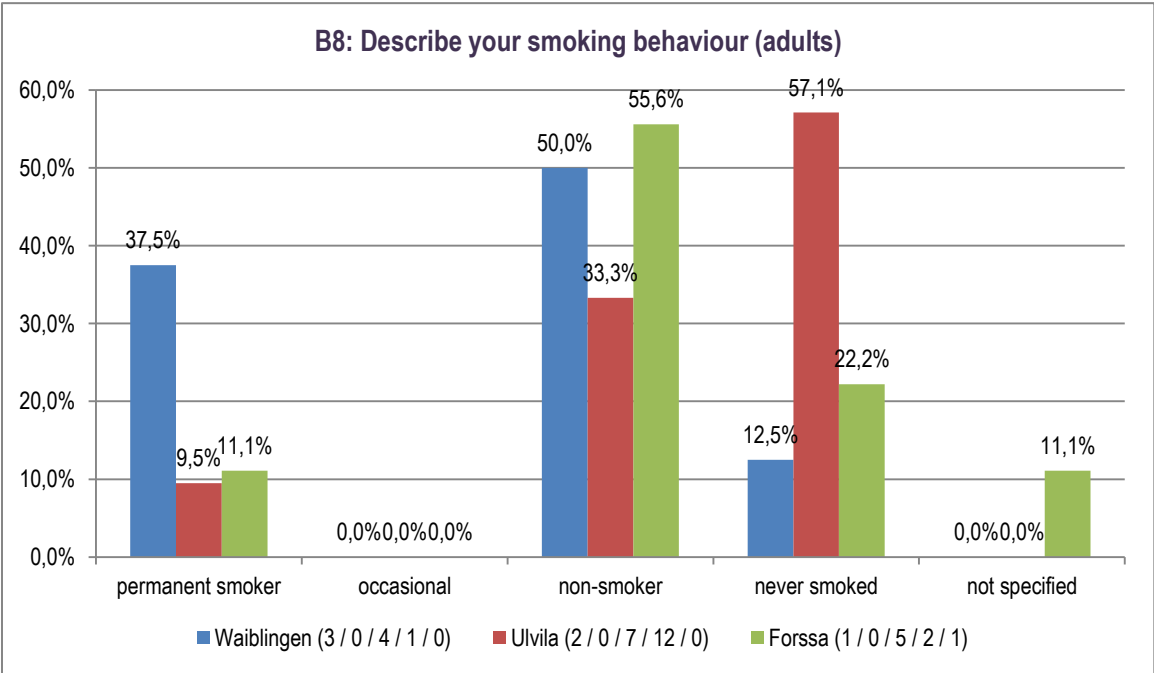
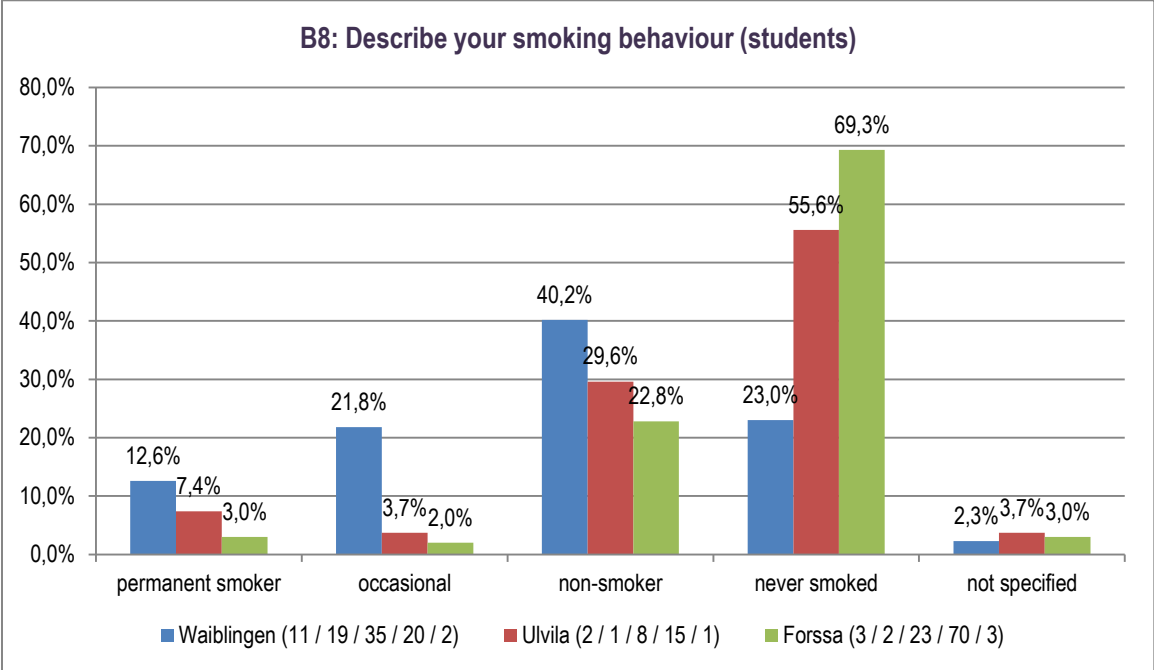
B5: I have breakfast before I go to school ... (students)



B6: What do you drink regularly or what is your favorite drink? (students / adults ; multiple answers were possible)

IB Waiblingen	Uvilan Lukio	Forssan Yhteislyseo	total (survey)
1. water – 65 (48,5%)	1. water – 27 (33,8%)	1. water – 60 (38,7%)	1. water - 152 (41,2%)
2. coffee – 19 (14,2%)	2. tea / cocoa / milk – 17 (21,2%)	2. tea / cocoa / milk – 31 (20,0%)	2. tea / cocoa / milk - 66 (17,9%)
3. tea / cocoa / milk – 18 (13,4%)	3. coffee – 15 (18,8%)	3. coffee – 26 (16,7%)	3. coffee - 60 (16,3%)
3. soft drinks / soda – 18 (13,4%)	4. soft drinks / soda – 13 (16,2%)	4. juice – 21 (13,5%)	4. soft drinks / soda - 48 (13,0%)
5. juice – 14 (10,4%)	5. juice – 8 (10,0%)	5. soft drinks / soda – 17 (11,0%)	5. juice - 43 (11,7%)





Module B: Healthy life and good nutrition (part 2: B9 – B14)

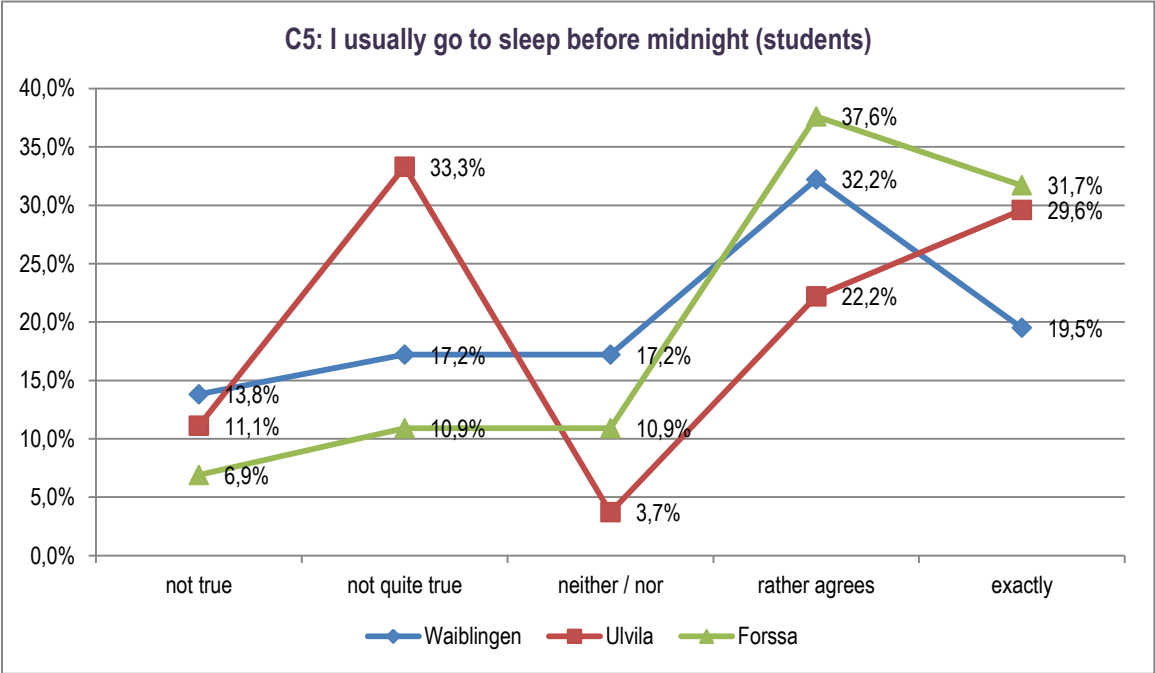
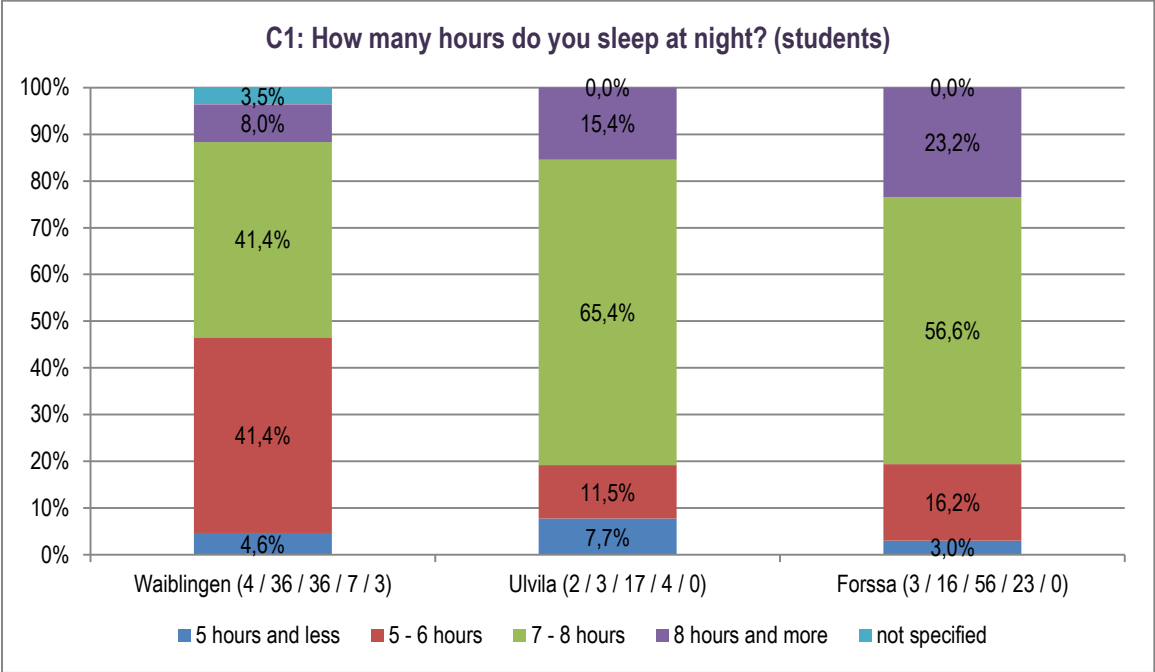
B9 – B14: Personal statements to subjects about healthy life and good nutrition (students)

Survey-subjects (attitude healthy life and good nutrition)	Classification	Mean value of the answers at Waiblingen (n=87)	Mean value of the answers at Ulvila (n=27)	Mean value of the answers at Forssa (n=101)
A healthy nutrition plays an important role in my life (B9)	<i>Personal attitude</i>	3,53	3,59	3,51
I consciously abstain from stimulants because I consider them unhealthy (B12)	<i>Personal attitude</i>	2,59	3,56	3,39
I'm interested in ingredients and nutritional value of the foods I eat. (B11)	<i>conscious diet</i>	3,30	3,07	3,33
I do not consciously consume any foods or drinks which have / include a high content of sugar. (B13)	<i>conscious diet</i>	2,66	2,78	2,80
In my daily nutrition I make sure only to eat / consume on organic foods. (B14)	<i>conscious diet</i>	2,77	2,26	2,18
I enjoy cooking dishes by myself. (B10)	<i>Independent preparation</i>	3,52	3,59	3,20
average personal attitude:	<i>B9 + B12</i>	3,06	3,58	3,45
average conscious diet:	<i>B11 + B13 + B14</i>	2,91	2,70	2,77
independent preparation:	<i>B10</i>	3,52	3,59	3,20
attitude healthy life and good nutrition (average)		3,163	3,29	3,14
attitude to nutrition (statistical population):	3,168			

B9 – B14: Personal statements to subjects about healthy life and good nutrition (adults)

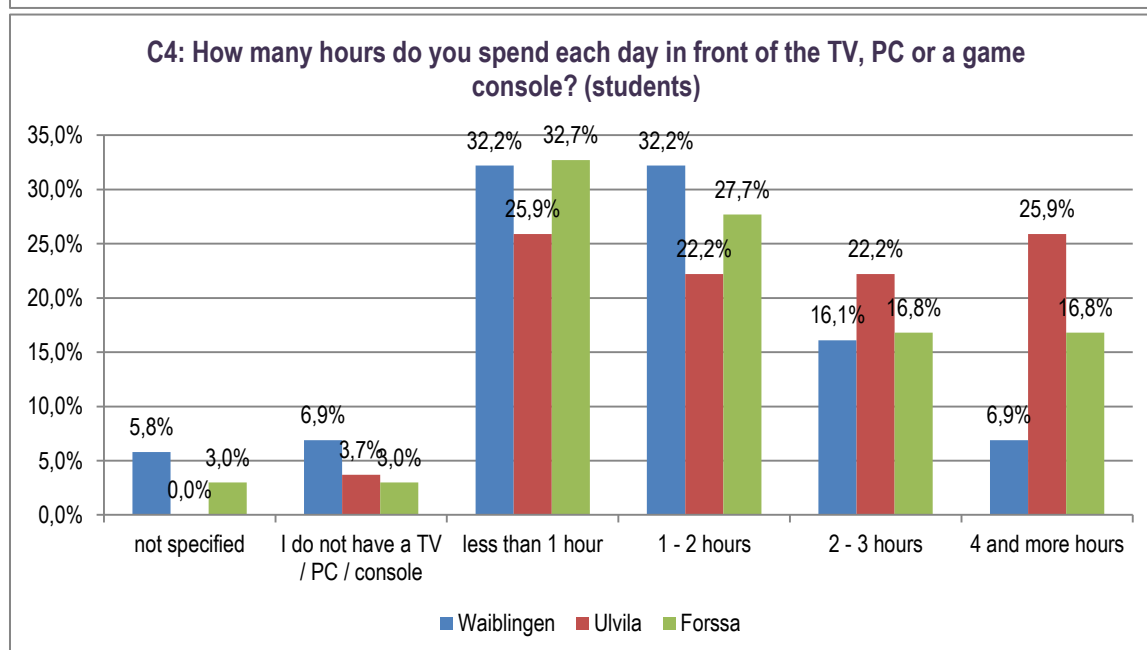
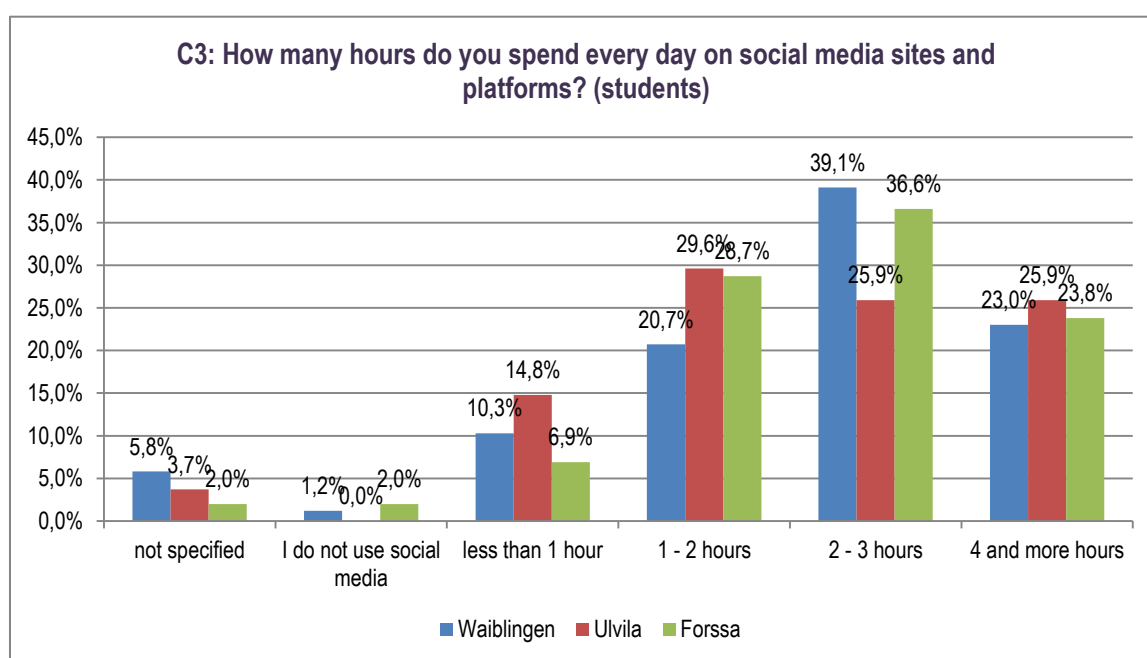
Survey-subjects (attitude sport)	Classification	Mean value of the answers at Waiblingen (n=8)	Mean value of the answers at Ulvila (n=21)	Mean value of the answers at Forssa (n=9)
A healthy nutrition plays an important role in my life (B9)	<i>Personal attitude</i>	4,00	3,67	3,56
I consciously abstain from stimulants because I consider them unhealthy (B12)	<i>Personal attitude</i>	2,25	2,81	3,11
I'm interested in ingredients and nutritional value of the foods I eat. (B11)	<i>conscious diet</i>	3,75	3,76	3,67
I do not consciously consume any foods or drinks which have / include a high content of sugar. (B13)	<i>conscious diet</i>	3,25	2,81	3,00
In my daily nutrition I make sure only to eat / consume on organic foods. (B14)	<i>conscious diet</i>	3,13	2,10	1,67
I enjoy cooking dishes by myself. (B10)	<i>independent preparation</i>	3,63	3,81	3,11
average personal attitude:	B9 + B12	3,125	3,24	3,335
average conscious diet:	B11 + B13 + B14	3,376	2,89	2,78
independent preparation:	B10	3,63	3,81	3,11
attitude healthy life and good nutrition (average)		3,377	3,313	3,075
attitude to nutrition (statistical population):	3,270			

Module C: Healthy rest and general well-being (part 1: C1 – C4)



C2: Before going to sleep I have regular rituals (students / adults ; multiple answers were possible)

IB Waiblingen	Ulvilan Lukio	Forssan Yhteislyseo	total (survey)
1. checking social media / talking on the phone – 50 (38,8%)	1. watching TV – 30 (41,1%)	1. checking social media / talking on the phone – 70 (39,3%)	1. checking social media / talking on the phone – 140 (36,8%)
2. watching TV – 36 (27,9%)	2. checking social media / talking on the phone – 20 (27,4%)	2. watching TV – 37 (20,8%)	2. watching TV – 103 (27,1%)
3. listening to music – 19 (14,7%)	3. listening to music – 10 (13,7%)	3. listening to music – 33 (18,5%)	3. listening to music - 62 (16,3%)
4. I have none – 11 (8,5%)	4. I have none – 7 (9,6%)	4. I have none – 15 (8,4%)	4. I have none - 33 (8,7%)
5. reading a book – 9 (7,0%)	5. reading a book – 5 (6,8%)	5. revision for school – 13 (7,3%)	5. reading a book - 24 (6,3%)
6. revision for school – 4 (3,1%)	6. revision for school – 1 (1,4%)	6. reading a book – 10 (5,6%)	6. revision for school - 18 (4,7%)



Module C: Healthy rest and general well-being (part 2: C5 – C18)

C5 – C18: Personal statements to subjects about healthy rest and general well-being (students)

Survey-subjects (attitude healthy rest and general well- being)	Classification	Mean value of the answers at Waiblingen (n=87)	Mean value of the answers at Ulvila (n=27)	Mean value of the answers at Forssa (n=101)
I usually go to sleep before midnight. (C5)	sleep behavior	3,26	3,26	3,78
In the morning I'm never tired and I feel mostly rested. (C6)	sleep behavior	2,24	2,07	2,31
I consider sufficient sleep important for my health. (C7)	sleep behavior	3,92	4,07	4,10
At night I usually sleep well and rarely wake up (C8)	sleep behavior	3,30	4,15	3,93
In our society social media has a high priority for people. (C9)	media consumption	4,02	4,15	3,79
Social media plays an important role in my life. (C10)	media consumption	3,26	3,62	3,37
I often use social media when I feel bored. (C11)	media consumption	3,95	4,19	4,14
I use social media as a tutoring tool or to learn online with friends. (C12)	media consumption	3,46	3,35	3,50
I hardly fall asleep in the evening or feel restless when sitting in front of a screen during the day or have used the mobile phone a lot. (C13)	Sleep behavior, media consumption, mental well-being →for calculating averages, the value must be inverted	2,43 → 3,57 (invert.)	2,54 → 3,46 (invert.)	2,87 → 3,13 (invert.)
I rarely or never feel sad or depressed. (C14)	mental well-being	2,92	2,88	3,11
I recognize my generation and me as an important and significant factor for society. (C15)	mental well-being	3,08	3,65	3,37
In my family I always find someone to talk to. (C16)	mental well-being	4,10	4,00	4,08
My friends always listen to me when I'm sad. (C17)	mental well-being	4,45	4,00	3,99
At school / at work achievements / abilities will be acknowledged with respect. (C18)	mental well-being	3,67	3,77	3,58
Average attitudes for sleep behavior:	C5 – C8; C13 (invert.)	3,258	3,402	3,450
Average attitudes for media consumption:	C9 – C13 (invert.)	3,652	3,754	3,586
Average attitudes for mental well-being:	C13 (invert.) – C18	3,632	3,627	3,543
Attitudes for sleep behavior, media consumption and mental well-being (average)		3,514	3,594	3,526
Attitudes for sleep behavior, media consumption and mental well-being (statistical population)	3,530			

C5 – C18: Personal statements to subjects about healthy rest and general well-being (adults)

Survey-subjects (attitude healthy rest and general well- being)	Classification	Mean value of the answers at Waiblingen (n=8)	Mean value of the answers at Ulvila (n=21)	Mean value of the answers at Forssa (n=9)
I usually go to sleep before midnight. (C5)	<i>sleep behavior</i>	3,88	4,38	3,78
In the morning I'm never tired and I feel mostly rested. (C6)	<i>sleep behavior</i>	2,75	2,67	2,67
I consider sufficient sleep important for my health. (C7)	<i>sleep behavior</i>	3,88	4,33	4,44
At night I usually sleep well and rarely wake up (C8)	<i>sleep behavior</i>	3,25	3,24	3,22
In our society social media has a high priority for people. (C9)	<i>media consumption</i>	3,75	3,43	3,89
Social media plays an important role in my life. (C10)	<i>media consumption</i>	2,25	2,10	2,33
I often use social media when I feel bored. (C11)	<i>media consumption</i>	2,63	2,33	3,00
I use social media as a tutoring tool or to learn online with friends. (C12)	<i>media consumption</i>	1,88	2,10	2,67
I hardly fall asleep in the evening or feel restless when sitting in front of a screen during the day or have used the mobile phone a lot. (C13)	<i>Sleep behavior, media consumption, mental well-being →for calculating averages, the value must be inverted</i>	2,63 → 3,37 (invert.)	2,52 → 3,48 (invert.)	2,33 → 3,67 (invert)
I rarely or never feel sad or depressed. (C14)	<i>mental well-being</i>	2,71	3,25	3,14
I recognize my generation and me as an important and significant factor for society. (C15)	<i>mental well-being</i>	3,25	3,90	3,78
In my family I always find someone to talk to. (C16)	<i>mental well-being</i>	4,00	4,19	4,33
My friends always listen to me when I'm sad. (C17)	<i>mental well-being</i>	4,38	4,19	3,56
At school / at work achievements / abilities will be acknowledged with respect. (C18)	<i>mental well-being</i>	3,88	3,85	3,78
Average attitudes for sleep behavior:	C5 – C8; C13 (invert.)	3,426	3,620	3,556
Average attitudes for media consumption:	C9 – C13 (invert.)	2,776	2,688	3,112
Average attitudes for mental well-being:	C13 (invert.) – C18	3,598	3,810	3,710
Attitudes for sleep behavior, media consumption and mental well-being (average)		3,267	3,373	3,459
Attitudes for sleep behavior, media consumption and mental well-being (statistical population)	3,371			