

## IN-DEPTH INTERVIEW GUIDE FOR SCHOOL PRINCIPALS

	Question	Probes
1.	What do you think about the health of in-school adolescents in your school?	<p><i>Probe for</i></p> <p><i>Common diseases</i></p> <p><i>Health behaviours specifically physical activity,</i></p>
2.	In your view, what is the level of physical activity among secondary school students/pupils in your school	<p><i>Probe if</i></p> <p>High or Low based on age (i.e. 10-14 and 15-19) and gender (i.e. males or females)</p> <p>In-school adolescents attain the recommended daily target of 60 minutes of Moderate to Vigorous Physical activity</p>
3.	What do you think about the opportunities that students have to engage in physical activity during school hours	<p><i>Probe for</i></p> <p>Frequency and opportunities for engagement in structured physical activity (i.e. <i>sports, class based activities, regular school physical activity programmes</i>)</p> <p>Frequency and opportunities for unstructured activities (i.e. <i>break time, after school programmes etc</i>)</p> <p>Use of physical activity as a form of corporal punishment</p>
4.	In your view, are there school guidelines that determine the extent to which students have opportunities for physical activity	<p><i>Probe for the availability, use and compliance to</i></p> <p><i>School Time table</i></p> <p><i>Curriculum for Physical Health Education</i></p>
5.	What factors influence the physical activity behaviours of in-school adolescents	<p><i>Probe for</i></p> <p>Social norms including the attitude of students and teachers,</p> <p>Social support,</p> <p>Cultural factors especially gender issues</p> <p>Religious factors</p> <p>Physical/built environment,</p> <p>Availability of equipment and facilities</p> <p>School guidelines such as <i>School Time table, Curriculum for Physical Health Education, School inspectors who monitor activities of school/scheme of work in line with the curriculum</i></p>

6.	What are the barriers to the implementation of Physical activity in schools	<p>Probe for</p> <p>Attitude of students</p> <p>Competing academic time</p> <p>Social norms and support(i.e. attitude of teachers, <i>parents, Parent Teachers Association etc</i>)</p> <p>Availability of Physical and Health Education staff</p> <p>Staff development programmes for PHE teachers</p> <p><i>Availability of equipment and facilities</i></p> <p><i>Guidelines on physical activity in school specifically, School Time table, Curriculum for Physical Health Education</i></p> <p>Funding and budget allocation for physical education equipment, programmes and supplies?</p>
7.	What are the recommended activities which have the potentials of ensuring in-school adolescents attain the daily target of 60 minutes of moderate and vigorous daily activity	<p>Probe for the appropriate interventions/activities to improve physical activity in schools</p> <p>Probe for the most appropriate time and setting</p>
8.	What other actions would you recommend to facilitate physical activity in schools	<p><i>Provision of educational materials (i.e. posters and handbills) for students, Film show on different types of physical activity, Special Dance events in schools, Experience sharing by role models (i.e. Athletes), M health – sending text messages (SMS reminders), Training programme for students on how to be physically active ,Empowering students to develop fun activities aimed at promoting PA and others”</i></p>