

FOCUS GROUP DISCUSSION GUIDE FOR SUBJECT/CLASS TEACHERS

	Question	Probes
1.	Health of in-school adolescents	<p><i>Probe for</i></p> <p><i>Common diseases</i></p> <p><i>Health behaviours specifically physical activity</i></p>
2.	Level of physical activity among students	<p>Probe if</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.	Opportunities that students have to engage in physical activity during school	<p>Probe for</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>Type of PAs students engage in' Probe for those liked /those not liked</p> <p>What students consider as appropriate/inappropriate PAs"</p> <p>Use of physical activity as a form of corporal punishment</p>
4.	Factors promoting or hindering physical activity behaviours of adolescents in school settings	<p>Probe for</p> <p>Secondary school students thoughts about physical exercise in schools'</p> <p>Social norms including the attitude parents, teachers and school authorities</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>Policies on physical activity in school specifically the <i>School Health policy, School Time table reflecting the break time, Curriculum for Physical Health Education</i></p>

		Role of government, teachers, parents, community, others'
5.	Recommended activities which have the potentials of ensuring in-school adolescents attain the daily target of 60 minutes of moderate and vigorous daily activity	Probe for the appropriate interventions/activities to improve physical activity in schools Probe for the most appropriate time and setting
6.	Recommended actions to facilitate physical activity in the schools	