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# Session 4

## PHYSICAL ACTIVITY COMMUNITY ASSESSMENT

### INSTRUCTIONS FOR PREPARING THE PHYSICAL ACTIVITY COMMUNITY ASSESSMENT

Fill in the assessment location (including the name of the community and the streets you walked on), and the assessors' name(s).

### INSTRUCTIONS FOR COMPLETING THE PHYSICAL ACTIVITY COMMUNITY ASSESSMENT

1. For each question, mark “yes” if a physical activity resource is available in your community; “yes, but there are some problems” if a physical activity resource is available in your community, but it needs some improvements; and “no” if it does not exist in your community.
2. If your community has a physical activity resource, use the following rating scale to evaluate its overall condition:  
1 = Many problems 2 = Some problems 3 = Okay 4 = Good 5 = Very good 6 = Excellent
3. If your community does not have a physical activity resource, skip to the next question and leave the rating scale blank.
- 4. Don't forget to take pictures of the physical activity opportunities in your community. Document the parks, recreation centers, biking and walking paths, and any problems you see with them.**

Remember:

- Record the start and end times for the assessment.
- Look at both sides of the streets.
- Dress appropriately: comfortable clothes, walking shoes, and hat.
- Bring a pen/pencil, the assessment packet, clipboard, cameras, sunscreen, water.

## PHYSICAL ACTIVITY COMMUNITY ASSESSMENT

1) Assessment Location (community and street names):

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2) Assessors' Name(s):

**Youth**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Adult(s)/Mentor(s)**

1. \_\_\_\_\_

2. \_\_\_\_\_

10) Date of visit: \_\_\_\_\_

11) Time Begin: \_\_\_\_\_

Time End: \_\_\_\_\_

12) Assessment Completion:

(Circle one)

1 Completed

2 Partial

**Rating Scale:**

1 = Many problems 2 = Some problems 3 = Okay 4 = Good 5 = Very good 6 = Excellent

3) Are there walking paths in your community?

**Yes No**

- Yes, but there are some problems (mark all that apply)
  - The paths are located in unsafe areas
  - The paths need to be repaired
  - The paths are littered with trash
  - The paths are not well lit
  - The paths are overcrowded with people
  - The paths are not within walking distance of my home
  - I need a car to get to the paths and I do not own one
  - I cannot take public transportation to the paths
  - Other problems (please describe): \_\_\_\_\_
- Rating: (circle one)  
1      2      3      4      5      6

**4) Is there a public swimming pool in your community?**

**Yes No**

- Yes, but there are some problems (mark all that apply)
  - The pool is not open on the weekends
  - The pool is not open in the evenings
  - The pool is only open in the summer
  - The pool is outdoors and is not heated
  - The admission fee is too expensive
  - I do not know how to swim and the pool facility does not offer classes
  - The pool does not have a place to swim laps
  - The pool is overcrowded with people
  - The pool is located in an unsafe area
  - The pool is not within walking distance of my home
  - I need a car to get to the pool and I do not own one
  - I cannot take public transportation to the pool
  - Other problems (please describe): \_\_\_\_\_
- Rating: (circle one)  
1      2      3      4      5      6

**5) Is there a recreation center open to the public in your community?**

**Yes No**

- Yes, but there are some problems (mark all that apply)
  - The center is not open on the weekends
  - The center is not open in the evenings
  - The center is only open in the summer
  - The center does not have any activities I like
  - The center has hours that do not fit into my schedule
  - The center is located in an unsafe area
  - The center is run down and needs to be repaired
  - The center is overcrowded with people
  - The center is not within walking distance of my home
  - I need a car to get to the center and I do not own one

- I cannot take public transportation to the center
- The pool is not open in the evenings
- Other problems (please describe): \_\_\_\_\_  
\_\_\_\_\_

- Rating: (circle one)  
1      2      3      4      5      6

**6) Are there bicycle lanes on the streets in your community?**

**Yes No**

- Yes, but there are some problems (mark all that apply)
  - The bicycle lanes on the street need to be repainted
  - Only some streets have bicycle lanes
  - There are no bicycle lanes on the street where I live
  - The bicycle lanes are not wide enough
  - Cars in my community drive too close to the bicycle lanes
  - Other problems (please describe): \_\_\_\_\_  
\_\_\_\_\_

- Rating: (circle one)  
1      2      3      4      5      6

**7) Are there any bicycle trails in your community?**

**Yes No**

- Yes, but there are some problems (mark all that apply)
  - The trails are located in unsafe areas
  - The trails need to be repaired
  - The trails are littered with trash
  - The trails are not well lit
  - The trails are overcrowded with people
  - The trails are not near my home
  - I need a car to get to the trails and I do not own one
  - I cannot take public transportation to the trails
  - Other problems (please describe): \_\_\_\_\_  
\_\_\_\_\_

○ Rating: (circle one)

1      2      3      4      5      6

**8) Are there parks, sports fields, and/or playgrounds in your community?**

**Yes No**

- Yes, but there are some problems (mark all that apply)
  - They are located in unsafe areas
  - They do not have good lighting
  - They are old and need to be repaired
  - The children's play structures are broken and dangerous
  - They are littered with trash
  - They are not open in the evenings
  - They are overcrowded with people
  - They are not within walking distance of my home
  - I need a car to get to the parks/sports fields/playgrounds and I do not own one
  - I cannot take public transportation to the parks/sports fields/playgrounds
  - Other problems (please describe): \_\_\_\_\_

○ Rating: (circle one)

1      2      3      4      5      6

**9) Do the schools in your community offer after-hours access to their sports fields and/or gyms?**

**Yes No**

- Yes, but there are some problems (mark all that apply)
  - They are not open on the weekends
  - They are not open in the evenings
  - They have hours that do not fit into my schedule
  - They are only open in the summer
  - The sports fields/gyms are in poor condition
  - Only students can use the sports fields/gyms

- The sports fields/gyms are overcrowded
- The schools are located in unsafe areas
- The schools that are open are not within walking distance of my home
- I need a car to get to the schools and I do not own one
- I cannot take public transportation to the schools
- Other problems (please describe): \_\_\_\_\_

○ Rating: (circle one)

1      2      3      4      5      6

**10) Does your community offer any physical activity programs?**

**Yes No**

- Yes, but there are some problems (mark all that apply)
  - The programs are only available in the summer
  - The programs are only available during the week
  - The programs are only offered when I am working
  - The programs are only for children
  - The programs are too expensive
  - The programs that are offered do not interest me
  - The programs are not within walking distance of my home
  - I need a car to get to the programs and I do not own one
  - I cannot take public transportation to the programs
  - Other problems (please describe): \_\_\_\_\_

○ Rating: (circle one)

1      2      3      4      5      6

These tools were adapted from the following:  
[Network for a Healthy California's Champions for Change Physical Activity Assessment](#)