



## #14 Surveying your female students

Developed by: Women in Sport  
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Type of project: Toolkit

<https://www.womeninsport.org/resources/surveying-your-female-students/>

### Synthesis of the case study

This document is designed to help education sport deliverers engage female students in a way that will help them build physical activity habits for life.

### Context and approach

Finding out from the girls what they feel about sports and physical activity is important when shaping the available offers. Listening to your students and giving them the opportunity to be involved in the decision making process could help with this and most importantly, ensure that they willingly agree to take part.

### Objectives/Challenges

Provide an easy survey as an example on how to figure out what your students are thinking about physical activity.

### Target

Educational sector

### The deliverable (What did they do specifically?)

They delivered a short survey for students to complete (focus on college students, but can be transferred to other educational institutions) and additionally included a description on how to use the data effectively and get girls more active.

### Key learnings/Questions to think about

Think about why it's important to know what the students think and follow the three steps:

1. find out what they think;
2. present and use the insights;
3. get from discussion to getting more girls active.

### Contact information

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