

# KA229 FIT4LIFE Erasmus+ Project 2020-2022

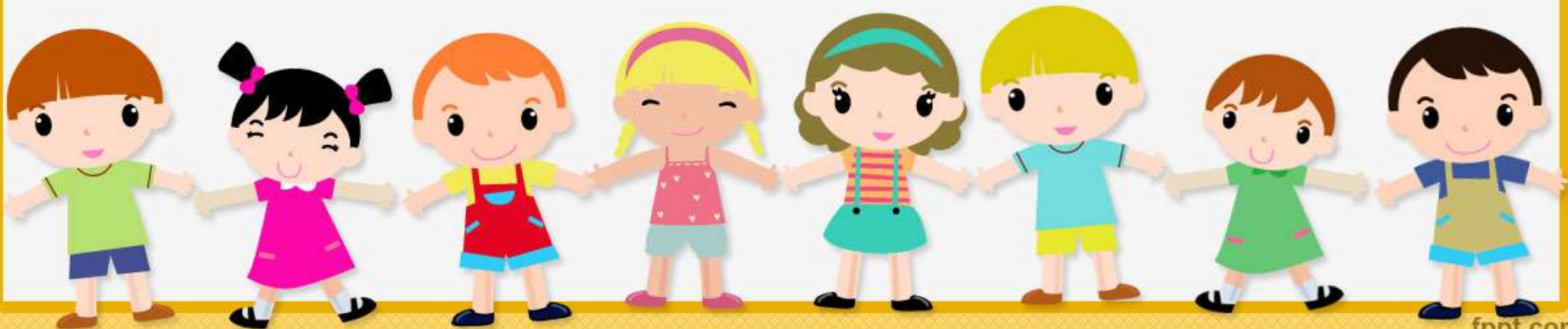


223 students from “Stephen the Great” Secondary School, Galați, Romania answered the questions in the survey.  
The survey was carried out in November 2020.



## **FIT4LIFE Health Survey Results ROMANIA**

# Section 1 – Physical Activity

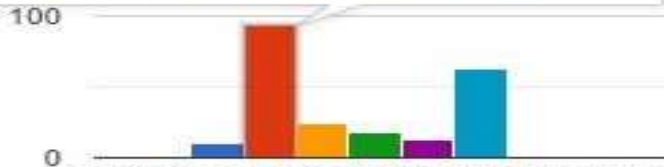


# 1.-Do you do any of these physical activities? (Faci vreo activitate fizică?)

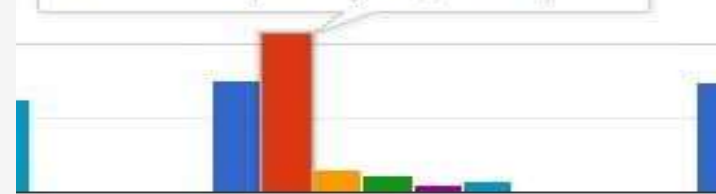


■ Never (niciodată) ■ Once a week (o dată pe săptămână) ■ Twice a week (de două ori pe săptămână) ■

**Walking for exercise (mișcare prin mers)**  
Once a week (o dată pe săptămână): 94



**Cycling (mers pe bicicletă)**  
Once a week (o dată pe săptămână): 108



**Jogging or running (jogging/ alergare)**  
Once a week (o dată pe săptămână): 89



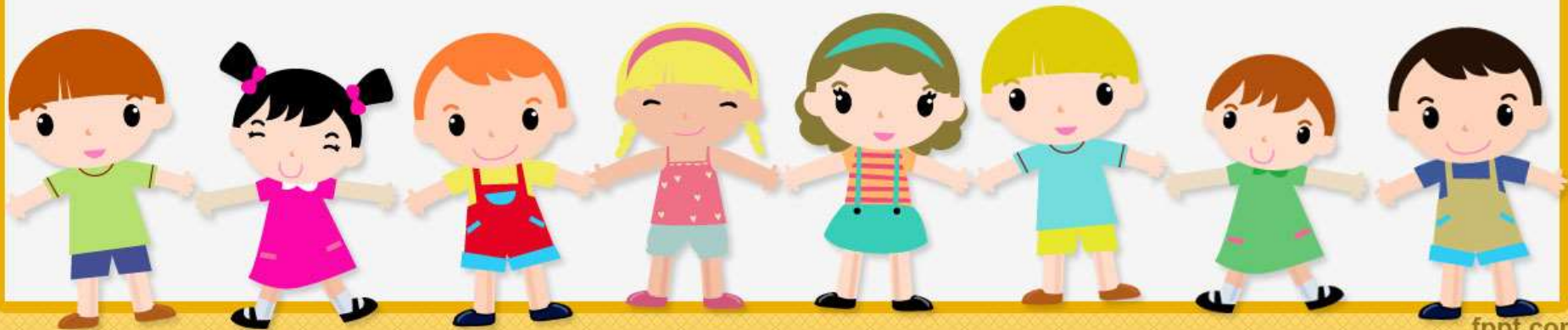
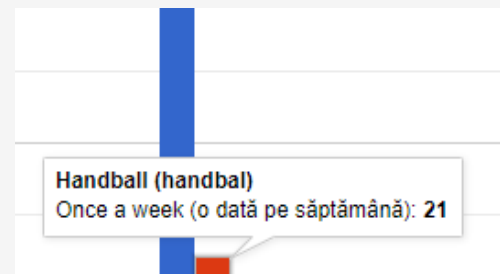
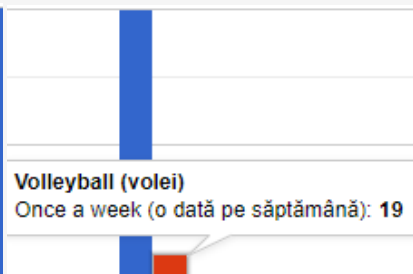
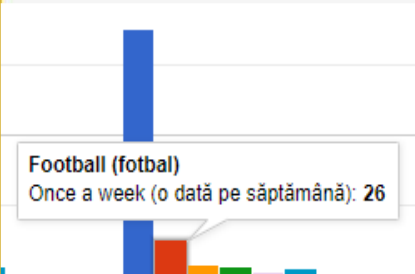
**Aerobics (gimnastică aerobică)**  
Once a week (o dată pe săptămână): 38



# 1.-Do you do any of these physical activities? (Faci vreo activitate fizică?)

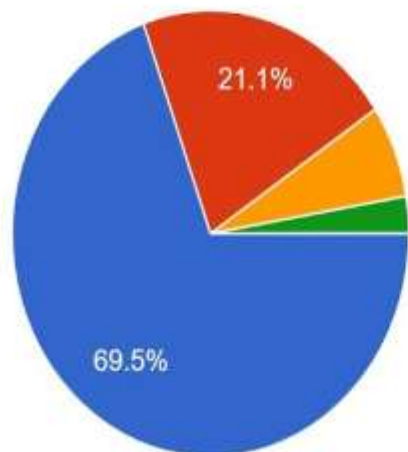


■ Never (niciodată) ■ Once a week (o dată pe săptămână) ■ Twice a week (de două ori pe săptămână) ■



## 2. How much do you like your PE classes at school? (Cât de mult îți pla orele de educație fizică la școală)

223 responses

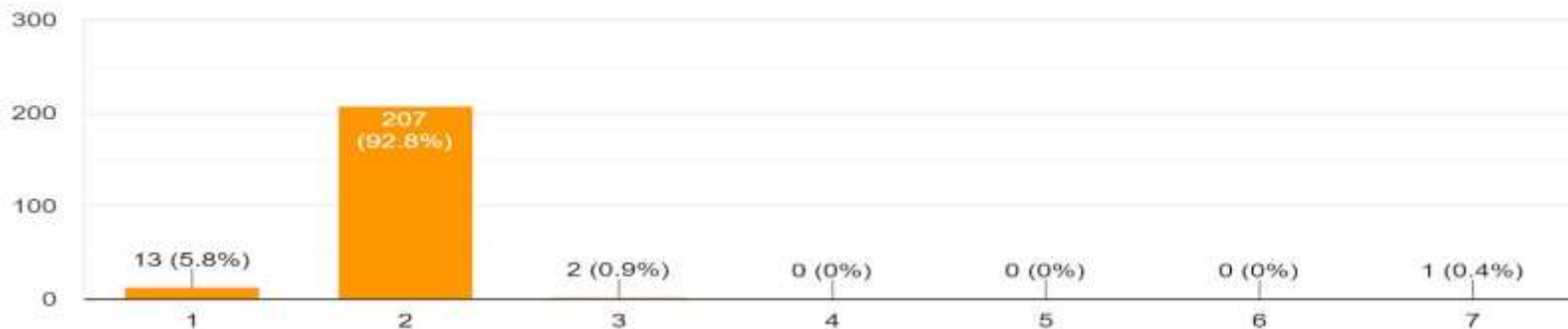


- I like PE a lot (îmi place mult)
- I like PE a little bit (îmi place puțin)
- I don't like PE very much (nu prea îmi place)
- I don't like PE at all (nu îmi place deloc)



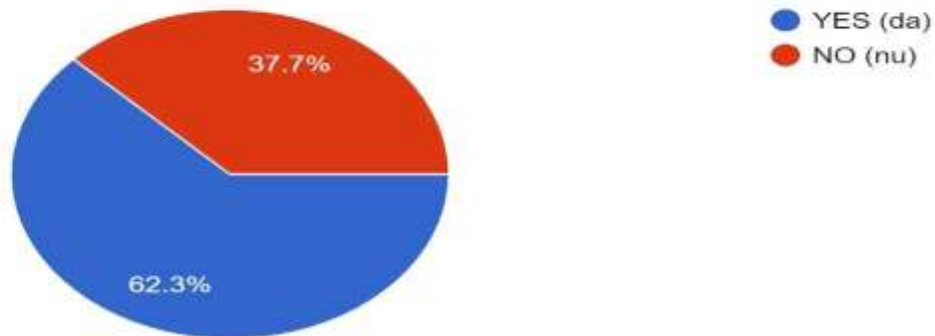
### 3. How many hours of sport do you have in school per week? (Câte ore de educație fizică ai la școală săptămânal?)

223 responses



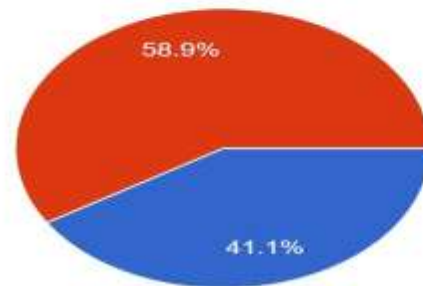
### 4. Is this enough? (Crezi că sunt suficiente?)

223 responses



6. Is there a sports center near your home? (Este vreun centru sportiv aproape de casa ta?)

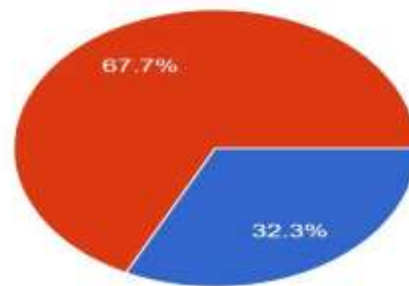
219 responses



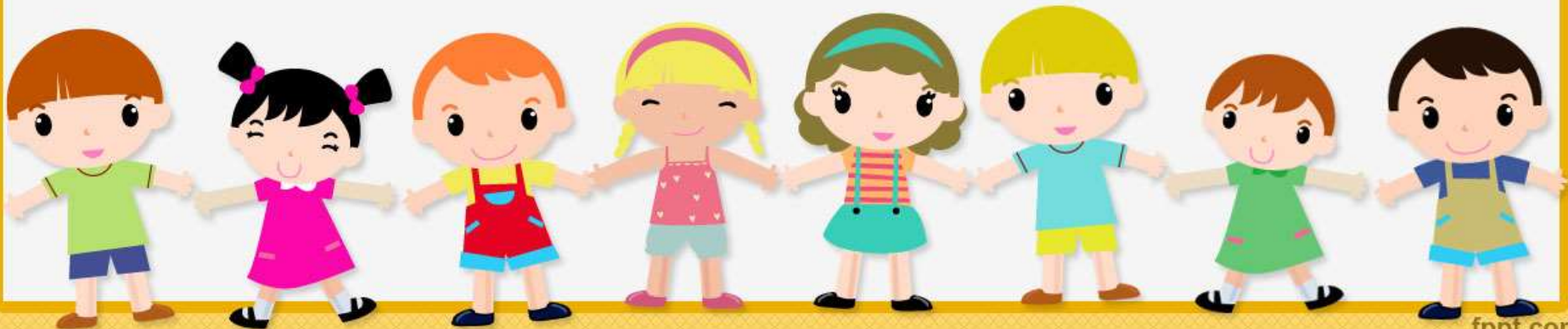
● YES (da)  
● NO (nu)

7. Playing sports or computer games? Which do you prefer? (Sporturi sau jocuri pe calculator? Ce preferi?)

223 responses



● Computer games (Jocuri pe calculator)  
● Sports (Sporturi)



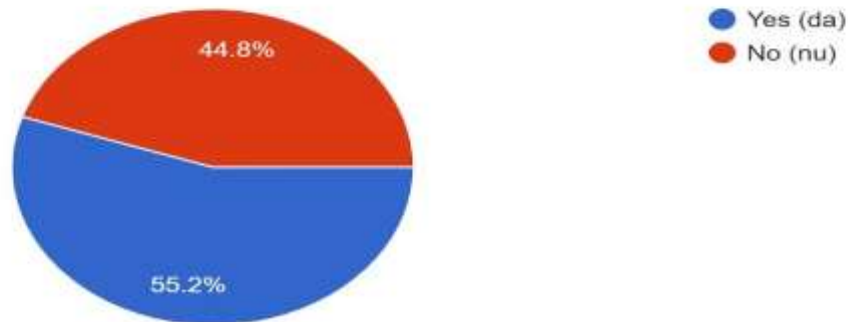
8. Do you prefer playing or watching sports? (Preferi să practici un sport sau să fii spectator?)

223 responses



9. Have you ever won an award or a medal in a sports competition? (Ai câștigat vreodată vreo medalie sau vreun premiu la o competiție sportivă?)

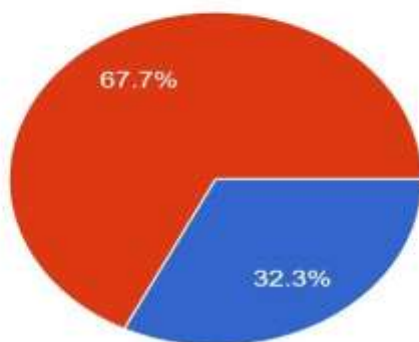
223 responses





### 10. Do you prefer individual or team sports? (Preferi sporturile individuale sau cele de echipă?)

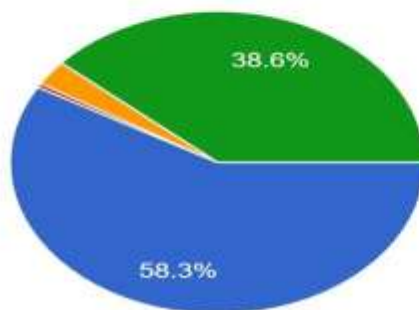
223 responses



- Individual sports (sporturi individuale)
- Team sports (sporturi de echipă)

### 11. How do you usually go to school? (Cum mergi de obicei la școală)

223 responses

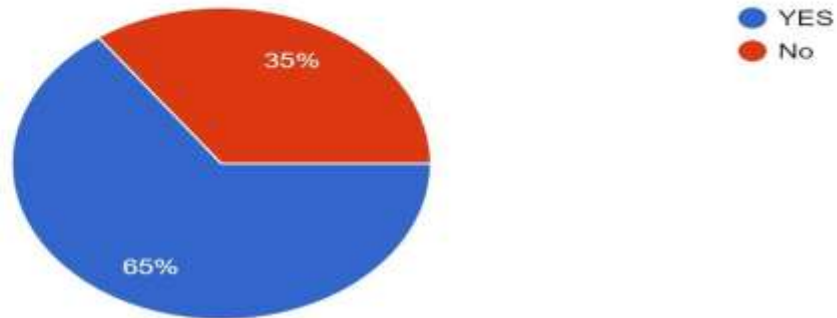


- I walk (pe jos)
- I cycle (cu bicicleta)
- by bus (cu autobuzul)
- by car with my parents (cu părinții mei, cu mașina)



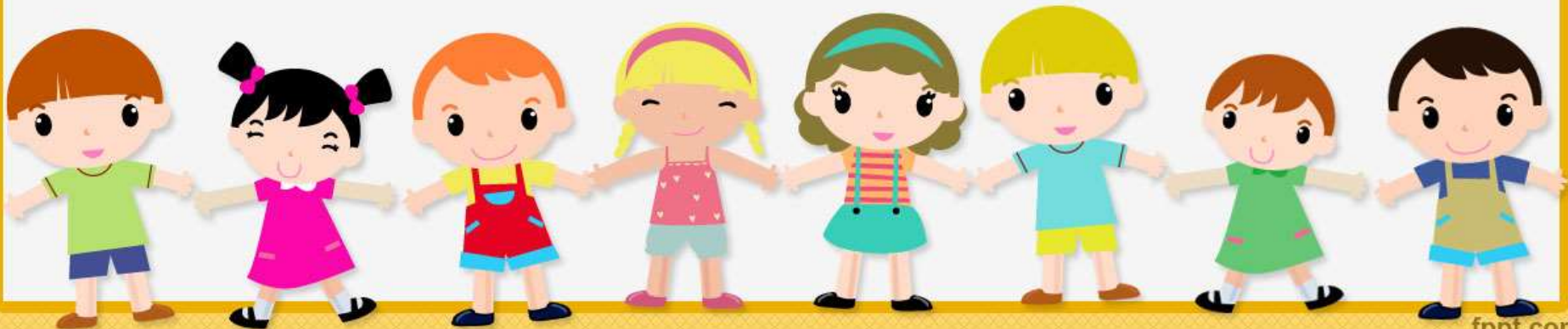
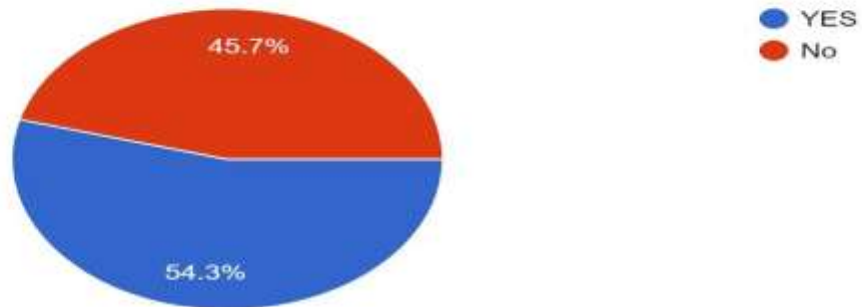
13. Do you stay late when there's no school the next day? (Te culci târziu când nu ai ore a doua zi?)

223 responses



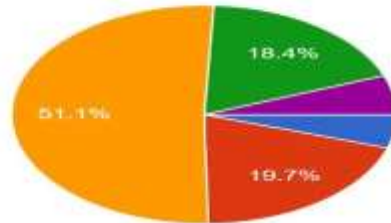
14. Do you make your bed every morning? (Îți faci patul în fiecare dimineață?)

223 responses



15. How many hours per day do you usually spend watching TV shows or videos? (Câte ore pe zi petreci uitându-te la emisiuni TV sau la videoclipuri)

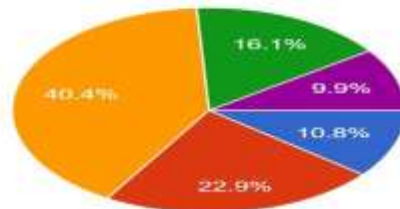
223 responses



- I don't watch TV or videos (nu mă uit la TV sau la videoclipuri)
- Less than 1 hour a day (mai puțin de o oră pe zi)
- 1-2 hours a day (1-2 ore pe zi)
- 3-4 hours a day (3-4 ore pe zi)
- More (mai mult)

16. How many hours per day do you usually play video games or use the computer to surf the Internet? (Câte ore pe zi petreci jucând jocuri video sau navigând pe internet pe calculator?)

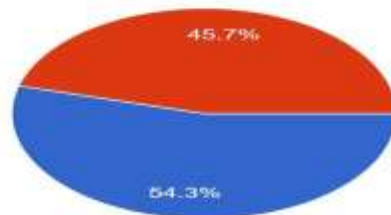
223 responses



- I don't play video games or use the computer (nu joc jocuri și nu folosesc nici calculatorul)
- Less than 1 hour a day (mai puțin de o oră pe zi)
- 1-2 hours a day (1-2 ore pe zi)
- 3-4 hours a day (3-4 ore pe zi)
- More than 4 hours a day (mai mult de 4 ore pe zi)

17. Do your parents have rules about how much time you can watch TV? (Ai reguli impuse de părinți privind timpul petrecut la televizor)

223 responses



- YES (da)
- No (nu)

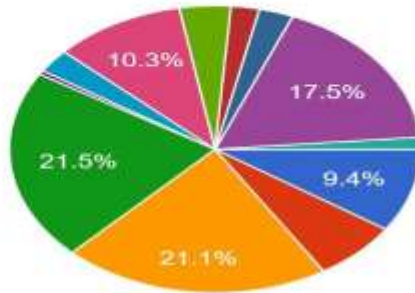


# Section 2 – Nutrition



1. Did you eat .....yesterday? Select what is right for you. (Ieri ai mâncat.....? Selestează ce ți se potrivește)

223 responses



- fried potatoes (cartofi păjiți)
- salad (salată verde)
- vegetables (legume)
- fruit (fructe)
- hot dog (hot dog)
- hamburger (hamburger)
- pizza (pizza)
- candy of any kind (bomboane de orice...)

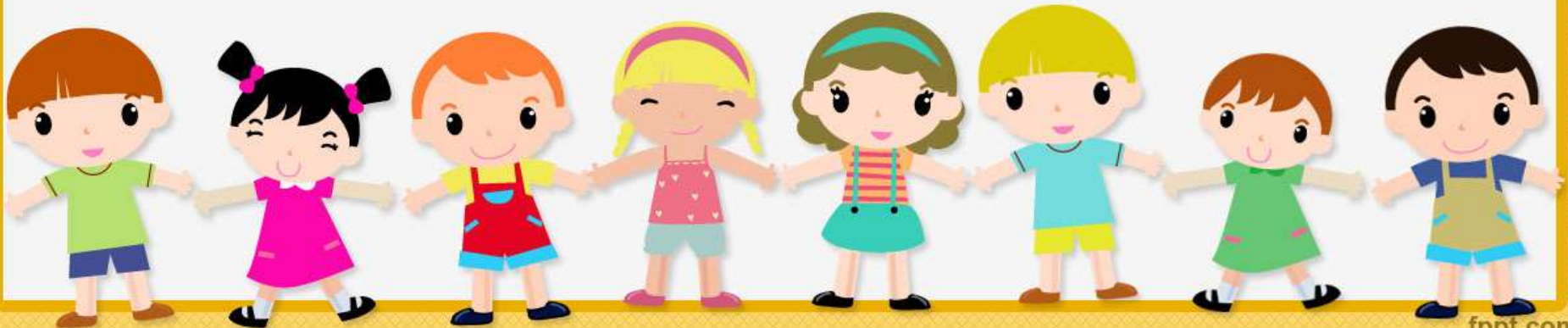
▲ 1/2 ▼

2. What is your favourite drink? (Care este băutura ta preferată?)

223 responses

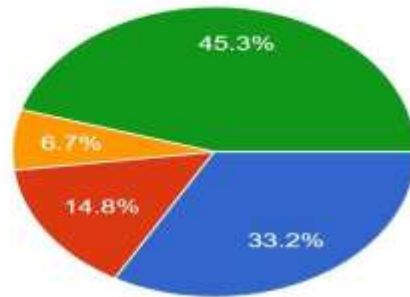


- water (apă)
- coke (cola)
- lemonade (limonadă)
- juice (suc)
- milk (lapte)
- other (altceva)



### 3. How often do you eat fish per week? (Cât de des mănânci pește săptămânal?)

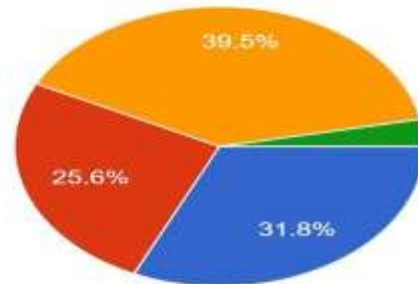
223 responses



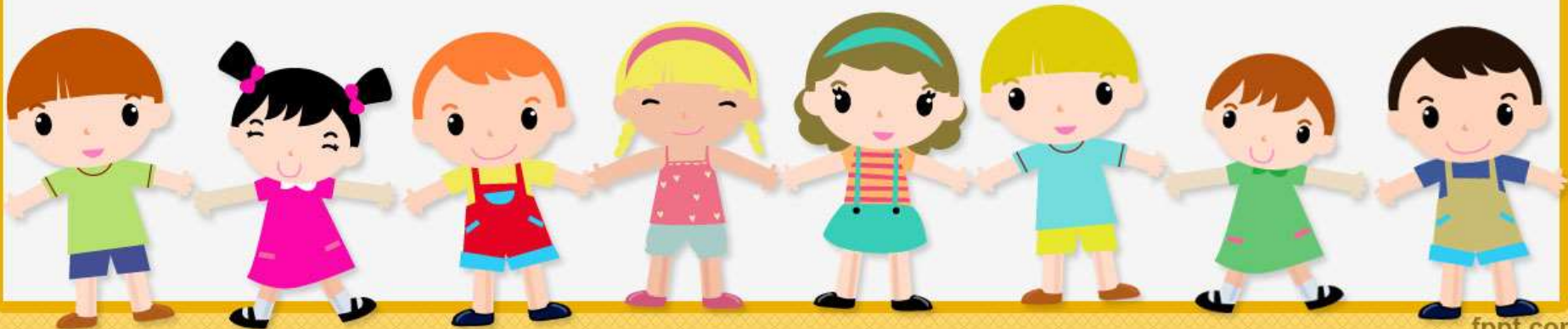
- once a week (o dată pe săptămână)
- twice a week (de două ori pe săptămână)
- more (mai des)
- rarely (rar)

### 4. How often do you eat sweets? (Cât de des mănânci dulciuri?)

223 responses

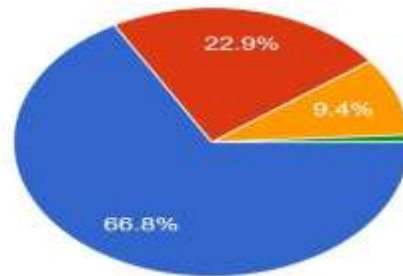


- every day (zilnic)
- usually (de obicei)
- sometimes (câteodată)
- I don't like them (nu îmi plac)



5. How often do you eat vegetables and fruit? (Cât de des mănânci legume și fructe?)

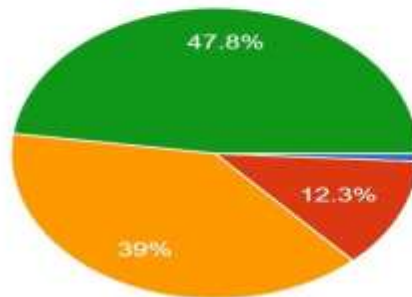
223 responses



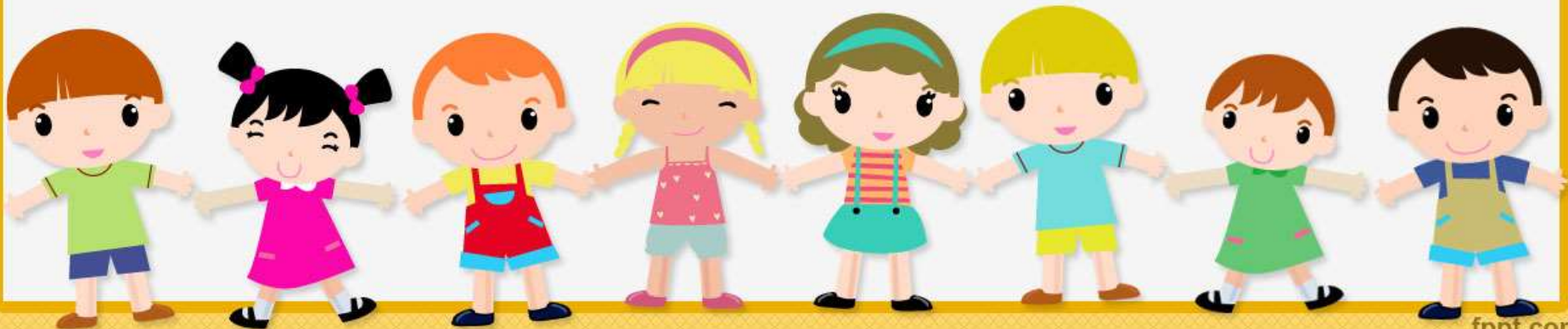
- every day (zilnic)
- usually (de obicei)
- sometimes (câteodată)
- I don't like them (nu îmi plac)

6. How many glasses of water do you drink per day? (Câtă apă bei zilnic?)

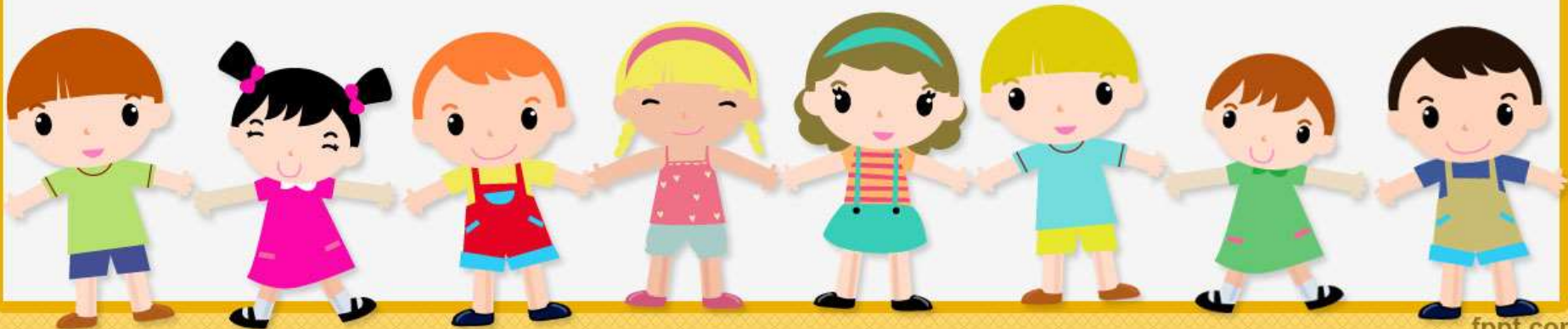
223 responses



- 1 glass (1 pahar)
- 1-2 glasses (1-2 pahare)
- 3-4 glasses (3-4 pahare)
- over 4 glasses (mai mult de 4 pahare)



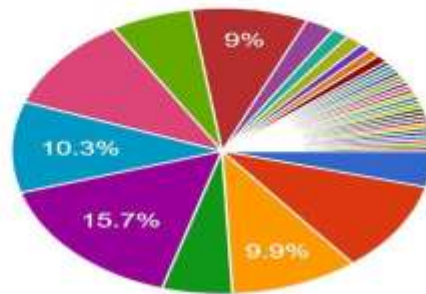
# Section 3 – About YOU





### How old are you? (Ce vârstă ai?)

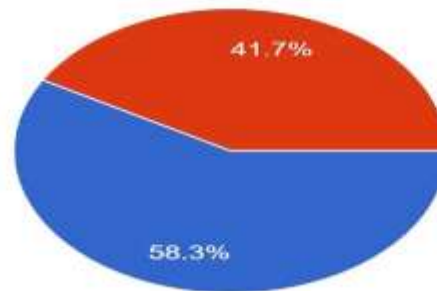
223 responses



- 10
  - 
  - 13 years old
  - Am 10 ani
  - 10 ani jum.
  - I am 11 years old
  - I am 10 years and 9 months old
  - 10 years old
- ▲ 5/5 ▼

### Are you a boy or a girl? (Ești băiat sau fată?)

223 responses



- GIRL (fată)
- BOY (băiat)



1. What three words describe you best? (Scrie 3 cuvinte/ trăsături care te descriu cel mai bine. Dacă poți, scrie-le în engleză, pentru a le putea compara cu ale copiilor din alte țări - ex. smart, active, etc)

223 responses

Active

Active,happy,smart

Smart, active, funny

Sporty, funny and sometimes little bit bossy.

cheerful, honest, loud

friendly, cheerful, honest

Timid,incapatanat,perseverent

Smart, stubborn, creative,



1. What three words describe you best? (Scrie 3 cuvinte/ trăsături care te descriu cel mai bine. Dacă poți, scrie-le în engleză, pentru a le putea compara cu ale copiilor din alte țări - ex. smart, active, etc)

223 responses

Smart beautiful healthy

Nice, smart, inteligent

Smart, lazy , friendly

Active..smart..happy

Smart, funny, active, friendly.

Inteligent, active, pet lover

Active, smart and healthy

Prietenos, inteligent, implicat

Inteligent drăguț vesel

Afectuos, vesel și jucaus..

Inteligent, activ, conștiincios, prietenos

Smart, friendly, active

Smart Funny Positive

Creative,somewhat funny,not afraid of sutff

active, happy, sensible

Friendly,funny,competitive

Smart, active, energetic

Fast, Sportiv,Silitor



1. What three words describe you best? (Scrie 3 cuvinte/ trăsături care te descriu cel mai bine. Dacă poți, scrie-le în engleză, pentru a le putea compara cu ale copiilor din alte țări - ex. smart, active, etc)

223 responses

😊 Smart 😊 ,Pretty (my parents say that but I m no really sure) , kind a shy.

Ambitioasa,sensibilă(cu toate ca nu prea arat asta),rad mai mereu

happy,smart and friendly

Desteapta,harnica,cuminte

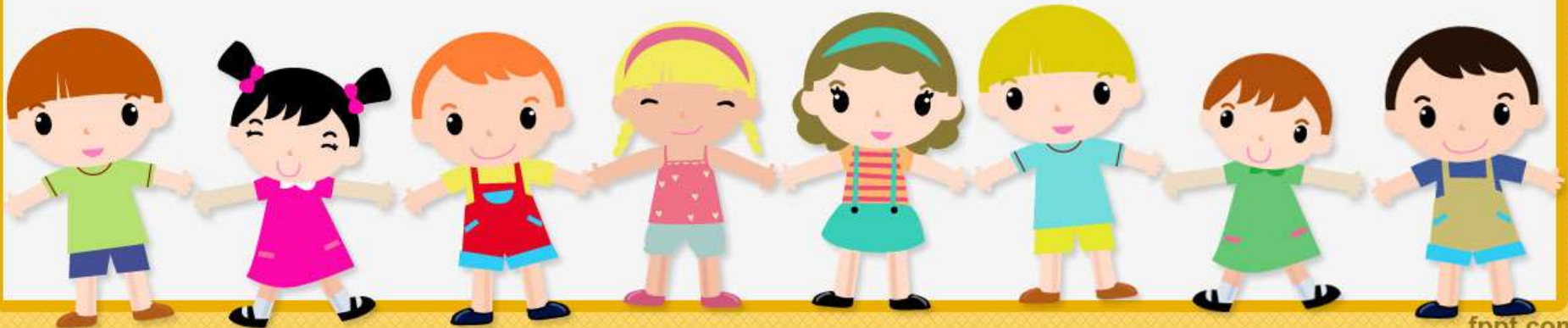
Energetic, loving, empathiv

Inteligent,Funny,loial

Honest,straightforward,generous,funny

Curajoasa, puternica si inteligenta

Smart, Funny, active



1. What three words describe you best? (Scrie 3 cuvinte/ trăsături care te descriu cel mai bine. Dacă poți, scrie-le în engleză, pentru a le putea compara cu ale copiilor din alte țări - ex. smart, active, etc)

223 responses

creative, lazy, funny

smart, creative and energetic

Trustworthy, secretive, easily angered

Smart, active, curious

loyal, active, funny

funny, beautiful, active

Active, responsabili.

determined, reckless, active

Funny, friendly, spontaneous

Fast, strong, active

Active, friendly, supportive

Active

sad, busy, stressed

Loud  
Funny  
Serious

Positive, funny, friendly

Smart, active, happy

High, smart and listener

Energetic, smart, curious.

Înalt, puțin arogant, curajos, răzbunător

Intelligent, funny, friendly

talented at drawing, loyal, calm

Smart, funny, kind

suparacios, razbunator, strangator

smart, funny, beautiful, active, energetic, modest,

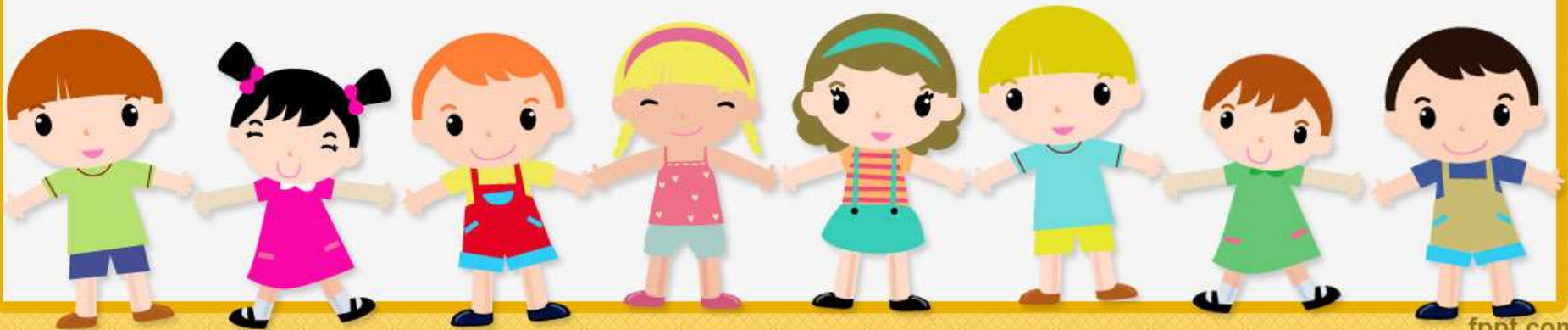
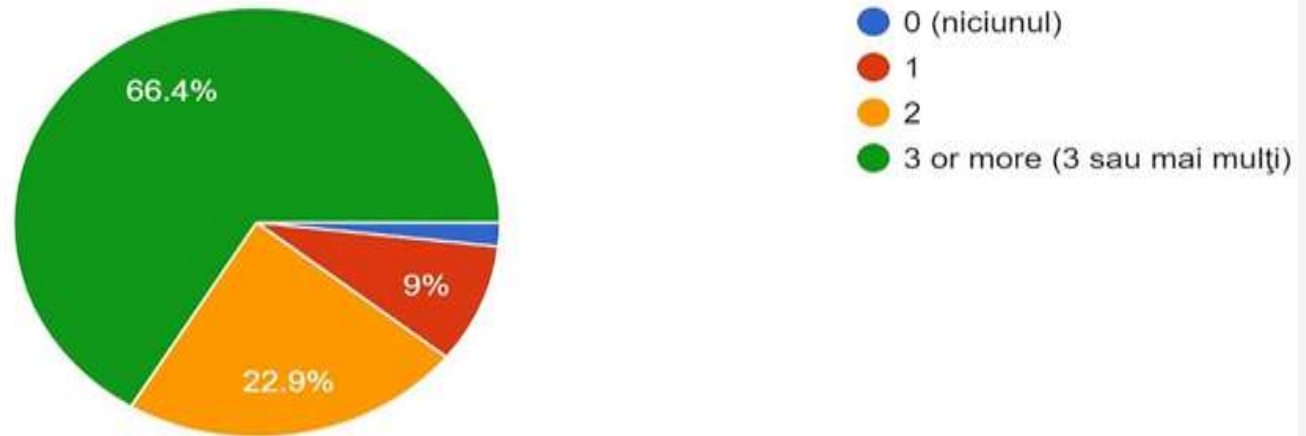
Sport, altruist, brave

active, leadership, smart



## 2. How many close friends do you have? (Câți prieteni apropiați ai?)

223 responses





#### 4. What is your favourite subject at school? (Care este obiectul tău preferat de la școală?)

223 responses





5. What do you want to be in the future? (Ce meserie ai vrea să ai în viitor?)

223 responses



# Thanks for watching!

