



The Power of Change: Healthy Students, Safe Schools, and Engaged Communities

**Creating
Sustainable
Physical
Education
Programs**

Participant

**Recruitment, Selection and Training
to Motivate and Engage for Success**

PEP Grant Staff & OSDFS Conference Presenters

- ◆ **Beth Verner, Ed.D.**
IAHPERD Past Pres, Project Director
Illinois State University Emeriti Professor
- ◆ **Phyllis Pickett, M.S.**
Local Consultant & Curriculum Specialist
Lake Park H.S. Department Chair Emeriti
- ◆ **Bill Casey, M.S.**
FitTrac Developer
Franklin Elementary School
- ◆ **Heidi Krahlung, M.S.**
Research Specialist
University of Illinois



Project Collaborators

◆ IAHPERD

- Desires statewide health fitness assessment plan & data
 - Fitnessgram (thanks to Human Kinetics)
 - On-line Data Management & Tracking (FitTrac)
 - Increase school-age physical activity

◆ DuPage ROE

- Desires health fitness testing throughout county – complimentary one-year funding

◆ PEP (our project) – US Dept Edu, OSDFS

- Provides \$ to improve physical education
- Collects data on # minutes of moderate to vigorous physical activity among youth



Year 1

- ◆ **April '06**
 - Submitted PEP Proposal for 48 teachers
- ◆ **August '06**
 - W/o funding could only do bare bones for 16
- ◆ **October '06**
 - Received PEP Grant
- ◆ **November '06**
 - Added more participants
 - Ordered accelerometers
 - Purchased laptops & printers
- ◆ **February '07**
 - Added 24 x 7 accelerometer data collection
- ◆ **August '06 – July '07**
 - Submitted Data



Year 2

- ◆ **Added activity log option**
- ◆ **Reviewed Yr1 PE Quality Survey, HRF, Activity Data**
- ◆ **Collected Yr2 Data (same as above)**
- ◆ **Worked w/ administrator to select school environmental factor for change**
- ◆ **Determined Intervention**
- ◆ **Applied for mini grant, up to \$500/teacher**
- ◆ **Attended**
 - IAHPERD State Convention (training stipend up to \$200/teacher)
 - January 16th or 17th workshop
 - February 27th DuPage County Institute
 - August 12th Workshop



Year 3

◆ Implement & Evaluate Intervention

- Begin w/ \$500 – provided Yr2 obligations met
- Attend August 12th workshop
- Collect 2nd \$500 Intervention Enhancement provided Pre HRF (Fitnessgram) Data are uploaded to FitTrac **by 9/21/08 for minimum 60 students per teacher**
- Collect 3rd Intervention Enhancement provided
 - **9-21-08** Pre HRF Data are uploaded (per above)
 - **6-30-09** data are uploaded (**Post HRF + 4 weeks activity for minimum of 60 students/teacher**)
 - **Attend 2 of 3 training** dates (Aug, Nov, Feb)
- \$200 Training Stipend for IAHPERD
\$120 = membership & registration form **submitted by 9-30-08**; up to \$80 w/ receipts for sub/expenses



Recruiting & Selecting Participants

- ◆ **Where possible handpick based on reference from someone you know and trust.**
- ◆ **Consult with those who know potential participants and can speak to their abilities**
- ◆ **Invite leaders (e.g., Department Chairpersons) to volunteer their program/faculty for participation**
- ◆ **Inform potential participant they have been recommended by someone you and they know and consider influential**



Training Participants & Building Their Skills

- ◆ **Full day workshop before school year began**
 - teachers on salary to develop materials and prepare for the upcoming year
- ◆ **Session during state convention**
 - encouraged professional association involvement and provided easy access to other professional development opportunities
- ◆ **Session during the county teacher institute**
 - event our participants had to attend anyway = time-saving advantage
- ◆ **On-line tutorial**
 - explaining how to use FitTrac (the data management and tracking system)



Motivating and Keeping Participants Engaged

- ◆ **Program specific incentives**
 - mini-grant proposals to implement a school intervention to increase physical activity and accomplish a School Wellness Policy objective. Funded through grant sub-awards
- ◆ **Listserve**
 - encourages sense of community, involvement and frequent interaction with peers and staff - networking opportunity and morale builder
- ◆ **Rewards for products delivered**
Tightly associate productivity & reward
 - Intermittent payouts (financial support to accomplish min-grant goals) remitted when data are submitted
- ◆ **Provide personal, on-site support**
 - local consultant travels to schools to provide on-site assistance

