

Evaluation Report July 2007



Health
and
Physical Activity Institute



2007 Health and Physical Activity Institute

James Madison University

Program Evaluation

The 2007 Health and Physical Activity Institute was supported by the Virginia Departments of Health and Education, and the Virginia Association of Health, Physical Education, Recreation and Dance. The institute provided an opportunity for teachers to share teaching and effective learning practices. The primary objective of the institute is to improve the health and educational performance of children through better nutrition, health, and physical activity instruction in Virginia's schools. Over 180 professionals participated in the 2007 institute.

As a way of enhancing communication a website is available to allow participants access to registration materials, registration confirmation, the conference schedule, directions to JMU, and institute materials. Presentation materials were also placed on-line for participants to access at anytime. This report (pages 1-16) is available under *Highlights from 2007 Institute*. The website is: <http://www.jmu.edu/kinesiology/hpainstitute/>.

1. Did the institute meet the goals and objectives listed in the program?

100% Yes 0% No n=122

2. Please rate each of the institute aspects from 1 to 4 using the following scale:

4=exceptional 3 = outstanding 2 = met expectations 1 = below expectations
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- | | |
|--|-------------|
| a. Overall quality of the institute's programs | mean = 3.91 |
| b. Institute's registration procedures | mean = 3.86 |
| c. Communication regarding the institute | mean = 3.46 |
| d. Accommodations - Rooms | mean = 3.13 |
| e. Accommodations – Meals | mean = 2.87 |
| f. Overall quality of meeting rooms | mean = 3.71 |
| g. Comments: | |

The comments from those who completed the program evaluation have been categorized into six themes: presenters & sessions, registration, housing & meals, schedule, staff and other. Their actual comments are stated below.

Presenters & Sessions

- Wonderful institute – high quality presenters.
- Excellent presenters – new ideas and new games to be able to include in school.
- Excellent presenters.

Registration

- Pay online if that is possible.
- More communication after registration – before the day before we leave or none at all.
- There was not a whole lot of information ahead of time as to what was going to be available to do at the institute.
- No info regarding what to bring (towels, sheets, pillow, blanket, etc.).
- It would be nice to get a confirmation letter.
- EASY!
- Very enthusiastic welcome.
- I think there needs to be some type of communication just prior to the start of the conference as a reminder or a simple direction to where we register, check in, etc...

Housing & Meals

- Let sections of people stay on the same floor (groups)
- Separate housing for individuals with request for quiet environment.
- Consider others when planning social gatherings on sleeping floors.
- The meals were cold and not enough selection.
- Food D-
- Too noisy.
- Cold.
- Delicious.
- Rooms were a little cold.
- Not enough healthy choices – baked foods.
- Very little grilled/baked chicken.
- Try to assign rooms based on sleep patterns!
- Salad bar was good.
- Hot food was marginal and always cold.
- Rooms were cold
- Can we eat on the other side of campus?
- The AC in our room was broken. Only hot air.
- Showers were too close to the wall. Need a better spray.
- No air conditioner.
- Too cold!!
- The food this year was not that good!!
- Food has gotten worse over the past five years.
- Rooms should be assigned by quiet floors, night floors.

Schedule

- I would like to get an email about two weeks prior to the in-service with a tentative schedule.
- Have big poster board with changes near info desk.
- Have team time earlier in the day.

Staff

- Great job all organizers.
- Great organization.
- Thank you Vanessa!!

Other

- Put on VAPHERD website
- I had no idea how wonderful this conference is. I'm going to come every year.
- Always a great conference. I look forward to it yearly.
- Very nice, great organization very user friendly.
- I always enjoy attending the institute, excellent ideas.
- Great job
- Super
- Once again it was a wonderful conference.
- Very professional and well done
- Wonderful conference looking forward to next year and new activities.
- Not every one in our area gets info about this conference.
- Appreciated being warmly greeted and facilities were outstanding!
- The best!!!
- Not enough time to explore campus.
- Great facility, great job!
- I met a lot of new people and am looking forward to coming back next year.
- Very nice.
- Overall, awesome and very worthy of time commitment.
- As my first year attending the institute, I was very impressed.
- Great.
- Everyone very friendly.
- This was my first and I enjoyed it very much.
- This is my first time. I had so much fun I'll be back next year.
- We need to continue to get the word out about this institute – people still don't know about this week.
- Great institute.
- JMU is such a great place to have it everyone has been over and beyond.
- It might help if there was a mock "day at the institute" on the website so new people know what to expect.
- Also a section that tells what we should pack.

3. Using the same scale as in #2 please rate the general sessions based on their professional contributions

- | | |
|--|-------------|
| a. Nutrition & Fitness: Making the link easy & fun | mean = 2.85 |
| b. Rock this party! | mean = 3.79 |
| c. Foundations of Fitness: The gold standard for functional training | mean = 3.23 |
| d. Obesity & Kids, Things have changed! | mean = 3.43 |
| e. Play with your brain | mean = 3.44 |
| f. HOPSports | mean = 2.44 |

4. Please list what you believe to be the major strengths of the 2007 institute.

Six themes emerged from the data collected regarding major strengths from participants' comments. These themes include comments related to: presenters, resources, sessions, staff, teams and other. Their comments follow.

Presenters

- Quality of presenters with awesome and innovative ideas
- Enthusiasm of the presenters
- Beth K. and the play with your brain sessions were exceptional.
- Experienced, variety, and quality presenters.
- John smith was outstanding.
- Outstanding presentations.
- Expert presenters.
- Guest speakers
- Quality of presentations
- Presenters were excellent.
- Enthusiasm of presenters.
- Speakers were excellent.
- The presenters were good.
- The presenters were very upbeat and in to what they were doing.
- The presenters were inspiring.
- Great presenters.
- Presenters.
- Susan Flynn – Purdue University (love the dances).
- Curt Hinson – movement activities excellent.
- BJ Santos – Stretching.
- I loved John Smith.
- Variety of presentations.
- Good presenters.
- Guest speaker.
- Excellent presenters.

- John Smith's presentations.
- Beth Kirkpatrick's presentation is always great and each time I get something from her new.
- Dr. Susan Nye is awesome!
- Presenters – the different views on all aspects of the field from the others attending.
- John Smith – all his presentations were outstanding.
- Great presenters.
- Excellent speakers and presenters.
- Lots of great speakers.
- Fun, energetic, and knowledgeable speakers.
- Excellent speakers for the general sessions.
- I love John Smith!!
- The small group presenters were incredible. Their energy level and enthusiasm for teaching was contagious.
- Very good presenters.
- Beth Kirkpatrick – very motivating
- Foundations of fitness: good info but much not applicable to my age group. Good knowledge, too long, need breaks.
- John Smith and Curt Hinson.
- Beth K's session about the heart rate monitors.
- Focused fitness five for life curriculum.
- Excellent presentations.
- Quality of presenters.
- Presenters did a nice job of keeping things entertaining and informative.
- Prestigious individuals presenting.
- Presenters were excited about what they do.
- Presenters.
- Quality of presenters.

Resources

- All the free books, software, and equipment were so nice, thank you.
- Door prizes/free books, cds, and videos.
- Workshops were presenters had handouts, books, etc.
- The information and helpfulness was unbelievable.
- The heart rate monitors information – specifically keeping kids in their target zone.
- New lessons
- Lots of new ideas and games
- Using the website to list information (handouts, ideas, etc).
- Updated materials
- Lots of good resources.
- Handouts.
- Free materials.
- There was lots of information to be taken back to the classroom.
- Connection to resources and resource people.

- All “hand outs” (hopefully) will be posted on the web site because there were so many good presentations going on at the same time I couldn’t attend everything I wanted to.
- I like not having to have my notebook and pen out every second because the notes will be posted on the website!
- I’ve gone back to the site for the past two years to refresh myself.
- I’d like to see more info from the institute posted and it’ll be great archive.
- Resources, resources, resources!
- Hands on practical classroom tools.
- Technology information given.
- Knowledgeable handouts.
- Receiving books and cds
- Great resources, hand outs, supplies.
- Handouts, books, given away.
- Free materials

Sessions

- Variety of active sessions
- Sessions in general were all great
- Topics of sessions were pertinent.
- Not too many sessions going on at once and opportunity to attend same session at other times. In the past too many no repeats.
- Great sessions.
- I like all the workshop choices.
- All sessions had parts that we could incorporate into our classes
- Interactive sessions.
- The active engaging and relevant workshops was teacher friendly and will be easy to implement in instruction.
- More health info.
- Quality of workshops.
- Variety of sessions
- Hands on activity.
- It was nice to have sessions that I could use at the high school level.
- Variety of activities.
- Variety of workshops.
- General session sin the evening and team meetings served for bonding time.
- Great sessions – speakers were very well prepared with great examples.
- Lots of movement ideas.
- Activities that lost cost equipment.
- Variety of ideas being shared
- Topics were good.
- Wide variety of programs.
- Great classes.
- School sessions were great, very informative.
- Hands on activities.
- Variety, relevance, and usefulness.

- Variety of sessions offered.
- New ideas for gym and health.
- Loved all the active workshops.
- Offering of some sessions at different times to allow for participation.
- It was better having more workshop and less general sessions.
- The ability to choose between activities with a variety of presenters.
- A lot of movement activities.
- Exciting sessions.
- Technology and functional training courses.
- I like the 15 minute grace period between sessions, also the early bird activities were an excellent way to wake up.
- I felt all the sessions were very well done and useful information. Thanks to all who put time and work into the sessions.
- Variety of activities and activities that is easy to replicate in class.
- Variety of activities.
- A lot of variety in sessions – (do need more health and coaching stuff).
- Variety of topics.
- The variety and quality of workshops.
- Nice variety of sessions so we could plan out our day.
- Hands on activities.
- Rock this party.
- Variety of sessions each time.
- Variety of classes.
- I personally feel that all the sessions I attended were great loved the new blood.
- Focused fitness five for life curriculum.
- I liked the cooperative group activity session.
- Many hands on learning opportunities.
- Sessions flowed smoothly.
- Sessions.
- I like having more workshops than general sessions.
- Wide variety of activities for all ages.
- Sessions were great.

Staff

- Staff was very friendly and helpful and even though this was my first year everyone made me feel as I have been coming for years.
- Staff
- The majority of people in charge were knowledgeable, friendly, and helpful.
- Location and the people who run the institute, especially the JMU staff (all of them). Student ambassadors were GREAT!
- Friendly staff, you are wonderful.
- Thank you for having the institute. All the leaders and those behind the scenes do a wonderful job. Thanks for your dedication we appreciate all you do.
- Great staff.
- Great hosts JMU

Teams

- Camaraderie and team building.
- It leaders.
- Enthusiasm of group leaders.
- The team building.
- Enjoyed team night.
- Nice team activities.
- Team concept
- Team orientated.
- Team building that allowed for the sharing of ideas and exposure to new ideas and equipment.
- Team leaders.
- Motivated team leaders.

Other

- Parking was great close to workshops.
- Networking.
- Adding new fun active things to the curriculum.
- Difficult to say technology class took up most of my time.
- Friendliness of participants.
- Always something to do.
- I liked all prizes and I believe that most everyone won something.
- More young PE teachers this year than I could ever remember.
- City/county supervisors meeting
- Participation was great and networking was awesome.
- Plenty of time to meet and network with other teachers.
- Diversified participants.
- Overall positive experience.
- Relevant and interactive.
- Location of institute.
- The innovative and technology connections are current and up to date.
- The communication, the room, and the meals provided by JMU was very good.
- Friendship.
- Its great meeting and talking with new people who feel the same way you do.
- Having taught for 20 years in a small county I hadn't realized how far behind the curve I had become. What a wonderful shot in the arm. Big changes are in store for this year.
- Collaboration and networking among colleagues.
- High energy of group.
- Organization was very well, color coded.
- Organizers were very prepared and everyone was very friendly.
- Many supervisors, professors, and PE teachers to share info.
- Lots of new ideas.
- Energy.
- Facility.
- New innovative ideas and equipment.

- Lots of great networking.
- The stressing of movement/nutrition for kids.
- Communicating with other teachers.
- This is a fantastic conference, plan to come next year.
- New creative ways to play, get fit, and move.
- Group participation.
- Friendly environment.
- Enthusiasm and great info.
- Networking.
- High energy.
- Visuals and VAPERHD sponsored is nice.
- Opportunity for higher Ed. And networking.
- Allowing participation.
- JMU is a great place to have such an event. We all appreciate your give away gifts and how you gave them out.
- Grant said it best when he said “this is the best institute in America”. Thanx
- Variety, diversity, friendliness, opportunity for interaction, varied style, and fun.
- Attitudes of everyone are positive. I felt comfortable all the time and even though I don’t like to dance much cause I am not very good I felt comfortable doing it around such positive people.
- Very informative, great people and having Vanessa Wigand to talk with.
- I have been to 4 PE institutes. While all have been good this one is outstanding.
- Opportunity to network.
- JMU! I love this place and the ease of parking, finding rooms, plenty of rest rooms, etc.
- Fun and creative.
- Cost very reasonable.
- Thank you for the nice bag and portfolio.
- Content was relevant everyone knew their stuff.
- Meeting and sharing.
- Finding new lessons.
- # of contact hours in limited days!
- Size is not too big or too small.
- Sharing and networking possibilities.
- Socials – get to know your county.
- Healthier food options and more outside activities.
- Chance to network with other colleagues.
- All around it was an awesome learning experience.
- Creative and new ideas.
- Great location.
- I think once again the amount of information given was great.
- Information was very beneficial.
- Participants and atmosphere.
- Facility and great conference.
- Fun and exciting ways of learning new ways.
- Great giveaways and overall awesome job.

5. What suggestions would you make to the steering committee planning future institutes?

Comments regarding suggestions for future institutes are categorized by: presenters, registration, resources, schedule, sessions, teams and other.

Presenters

- Give Microfit an opportunity to present.
- All workshop presenters should have a handout available to participants. They should plan and prepare according to the number of participants.
- I've seen Curt Hinson before and it was somewhat repetitive for me. He actually used the same material from 15 years ago.
- Make general session speakers aware of their audience skip the basics i.e.: obesity rates, on risk, too many idea and games stuff, get right into the meat and potatoes!!
- Great knowledgeable speakers but too much talking, not enough hands on or movement.
- Open with a better speaker.
- Bring back Joan Blades.
- Do not bring Beth Kirkpatrick back (too arrogant). 4x's is enough
- Great speakers.
- If Beth Kirkpatrick comes again I'd like to see a little change for she's said the same thing for last 4 years, don't get me wrong she's great for the first time.
- Continue to bring presenters from all parts of the country for input that may be very different from my area.

Registration

- I would like to get a letter or email reminding that registration is opened.
- Let everyone know at registration the evenings run late so proper arrangements can be made.
- Work with pay pal to allow online registration. Easy contact with www.paypal.com – no merchant fees and it accepts all major credit cards plus checks. Immediate payment in institute account.
- On the registration application form say that the session ending time is often 9:30 each night so if you commute you are aware of how late the evening goes.

Resources

- Have a computer disc with all handouts to give out.
- More handouts on ideas that “presenters” shared – I am old I may not remember – HA!
- More family life materials.
- Great stuff to take back.
- Have a computer cd with all presentation notes/handouts to give out at the last meeting.
- Have enough copies for presenters on materials list and books.

Schedule

- Combine with health for success conference, more bang for the buck.
- Suggest more sticking to the schedule.
- Schedule a social hour.
- Lectures before lunch not right after lunch - HA

- Doctorate classes available.
- Give more time for sleep at night.
- Don't have long sitting activities after lunch.
- Different activities not just all dance activities.
- More games geared towards high school level.
- Have general session in the morning instead of after lunch – became tired and lazy.
- Wednesdays night's activities could be earlier.
- Since the last speaker was not here on time it would have been nice to have done the wrap up session. Feel like things are being dragged out.
- If possible be specific in the daily schedule regarding age level the presentation focuses on
- Make the afternoon workshops 50 minutes instead of 75 – were all a little tired after lunch and the general session and the workshops are a little too long.
- General session 1 time a day.
- During the after lunch general sessions have more activity based sessions.
- Activity session after lunch.

Sessions

- End Wednesday night session earlier so others can socialize the last night.
- Have some general free sessions where you can talk with others and collaborate on previous sessions and materials
- Adding water aerobics as an option for the early bird workout.
- More adventure and compass activities.
- More assessment ideas K-12.
- Videotape all or parts of sessions. Use the video as clips to be included into the website or a resource disc.
- Video each session as a number of sessions and add to JMU summer institute website.
- Even more activity and information.
- Our district is in desperate need of quality curriculum. Maybe having a session geared towards a scope and sequence k-12 curriculum model.
- Some workshops should be offered more than 1 session of the whole institute.
- Workshops should be offered for 45 minutes to allow more time during the day for more workshops.
- More workshops with inexpensive activities for those with small or very limited budgets.
- First general session speaker should be a motivational speaker.
- Keep repeats but more variety.
- More high school.
- It was hard choosing what session to go to.
- Schedule a shore par session.
- Include more health lesson ideas (sessions).
- Limit sessions to 5 to 6. Eight and over – you have so many excellent ones at the same time – its hard to choose. If session is done twice then you are fine.
- How about more yoga – during the general session!
- Incorporate a ten to fifteen minute break between sessions to run back to your room or hit the bathroom or just chat!

- Some sessions needed more.
- More high school presenters.
- Aerobic instructors class training (pre-conference).
- Some sessions need more than 50 minutes and some longer ones should reduce to 50 min.
- Have an active session after lunch. It's hard to eat a great meal and then sit afterwards.
- Include camping and rock climbing.
- More things pertaining to adaptive P.E. and inclusion type things.
- In the program it would be useful knowing what session will be repeated.
- Please have a bully general session. Bullying was a hot topic yesterday. We need ways to help prevent bullying. Have someone that is olwevus trained to give the session.
- Need more health sessions.
- Label all sessions in the program so we can know what level they are geared to.
- Have session on how to write grants so that I can get all the cool equipment that I've seen here.
- Not long lectures.
- Label sessions for what level they are geared towards.
- Maybe have a session about making various PE equipment with cheap things (creative ways)
- If general session speaker is late let us go early instead of prolonging and filling time.
- Hopsports is going to completely phase out physical educators because normal teachers can just push a button.

Teams

- Look forward to seeing skits next year
- Mix groups up better.
- Have team competitions through the day.
- Instead of putting the majority of the HPE coordinators/supervisors on one team (chillipeppers), disperse them throughout. This would promote working with different people and provide more experience leadership for each group. The chillipeppers came across as a little "cliquish".
- Perhaps, stress to team leaders that the team dance/activity is supposed to be fun, not dreaded.
- More team building activities.
- Maybe having the team meetings before the last session, often we were too tired or ready to go.
- HMM.....maybe change up the teams goal. I'm not sure how.... Maybe something other than rhythm.
- Eh, about that team stuff... disperse commuters throughout other teams. I was tired by the team meeting times, but I do enjoy the bonding.
- Team thing a bit much, especially Chad T.
- Commuters should not be in the same group.
- Don't put commuters all on one team, they don't stay. Also, want a different color of shirts.
- Change the leader on set teams, getting cliquish.
- Try to place participants on different teams each year to experience the different leaders.
- Skits for team night.

- Teams meet before 9:00 pm – too late!!!!
- Don't have two teams with orange shirts; cantaloupes and carrot were too close to being the same color.
- Have team group relays or activity challenges.
- Continue to mix up the teams and leaders.
- More team building.

Other

- JMU class needs to have a point value as we were unable to go to many sessions
- Allow those from school divisions to stay on the same floor
- Ambassador with camera to help with slide show
- Very organized – all JMU staff were exceptional
- More social time to talk with PE peers to brainstorm and collaborate ideas
- Continue having the institute every summer
- Provide points on cards for class attendance during session times.
- Provide points for being on time to sessions.
- I would like to be able to use UREC facility without a charge.
- Work on the menu – especially having enough servings of chicken and spinach.
- Improve meals.
- Make surrounding hotel accommodation information available on website
- Eating in the cafeteria should be optional.
- Keep on keep it on.
- Hot food!!!
- Maybe even more time at the institute (day).
- If you could not smother all the food, healthier choices.
- Institute should be 5 days.
- Great Job!
- Continue to reach out to all areas of the state.
- Work to get heart monitors for all schools that provide teachers for the institute.
- Keep bringing quality people.
- Keep doing what you're doing.
- Stay the same with maybe more accountability on the points system.
- Everything was great.
- I think the steering committee did a great job across the spectrum of our field to draw a wide range of topics/subjects.
- I had a lot of fun, look forward to next year.
- Share times (speed dating format).
- Please include a pen in bag or have extra pens at sessions for filling out evals.
- Contact people directly before convention.
- Separation of sleepers and party goers. Maybe on different floors or separate dorms.
- More healthy options for meals.
- Great job!!!
- I have really enjoyed my stay at the institute.
- More information put out about the conference.

- In room assignments – those who like quiet and go to bed early should be scheduled on the same floor.
- Please continue to sponsor those who really want to come learn and have fun.
- Have coffee available between sessions otherwise don't change a thing.
- Tell folks that are coming things they might need in dorms ex: towels, small light, cards, books, t.v.
- List of local services
- Allow 1 or 2 nights free time for personal time (don't have general session).
- Try to get more local teachers here.
- Keep up with this standard.
- Thought it was great.
- Mail the information directly to the physical education teachers! Principals sometimes do not pass along the info.
- The workshops were great.
- Healthier food options and more outside activities.
- Keep up the good work!
- Work to reach small schools perhaps offer incentives for small schools to send their PE teachers.
- Provide a list of grants available for PE. My schools grant writer only knew of PEP grant.
- Food choices more healthy.
- I can't understand why we would want to watch something that takes the teacher out of the classroom? Hopsports.
- I think the committee is doing a great job and don't have much to do for next year if they keep the same enthusiasm.
- Dorm on floor for party poopers (for people that value and need their sleep every night).
- Thanks Vanessa – you do a super job each year.
- Thanks Barry for running the meetings.
- Teacher activity swap board/box some place teachers can post some of their favorite activities for other teachers to look at and maybe sign up for copies and maybe talk with the teacher who created the activities. Maybe a room.
- Dance skits rather than just dances.

6. Your current position (please be specific).

The 122 participants responding to this question identified their current positions. Eight categories of school positions emerged from the data. The majority of the participants were physical educators representing all developmental levels, while some of the participants held other positions in their school divisions.

- 48 Elementary Physical Educators
- 38 Middle School Physical Educators
- 28 High School Physical Educators
- 20 Health Educators
- 15 Driver Education Instructors
- 0 School Nurse
- 10 Administrators/Supervisors
- 20 Coaches
- Other (please specify)
 - Retired
 - In school
 - Senior at JMU, not teaching yet
 - Athletic trainer
 - Anatomy teacher
 - All grade levels
 - College professor

II. Individual Workshop Evaluations

At the conclusion of each workshop the participants were asked to complete an evaluation of the session. The data were compiled onto one sheet for each workshop. Each presenter received the feedback either during the institute or by mail. Mean scores were generated from the quantitative data while the qualitative data were combined into one list. What follows are individual evaluations of each session in alphabetical order by session title.

Respectfully submitted by Jacqueline Williams @ JMU, 10/07

