

Evaluation Report July 2008



Health
and
Physical Activity Institute



2008 Health and Physical Activity Institute

James Madison University

Program Evaluation

The 2008 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 2008 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 1-12) is available under *Highlights from 2008 Institute*. The website is: <http://www.jmu.edu/kinesiology/hpainstitute/>.

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

99% Yes 0% No 1% N/A n=129

- Not enough high school material

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 = 3.78 |
| b. Institute's registration procedures | mean = 3.79 |
| c. Communication regarding the institute | mean = 3.55 |
| d. Accommodations - Rooms | mean = 2.82 |
| e. Accommodations – Meals | mean = 2.71 |
| f. Overall quality of meeting rooms | mean = 3.74 |
| 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

- Set up events not to conflict with others next door that are noisy.
- Could hear other presentations through walls.
- Too cold in meeting rooms
- Presenters were awesome- very helpful- want to do it all!
- Need non-carpeted dance area.
- I liked how the presenters put their handouts online or on a disc!

Registration

- Hard due to JMU grad class
- Please send an email confirmation

Housing & Meals

- Bed bugs in my room-I spent my own money to wash my clothes, blanket, and pillow...Not sure that I want to attend again and stay on campus.
- OK for a dorm
- Food was better in other dining hall.
- Meals were not great for variety especially veggies and no low fat dairy or salad dressing.
- You would expect a health institute would provide better meal options. The rooms were usually adequate.
- Food quality did not meet my expectations, food quality was cold.
- Whole grain rolls/brown rice, more fruit selection.
- Would prefer a room joining a bathroom.
- D-hall great, festival ok
- Food was not very good.
- Great having meals in the same building.
- Basement rooms were really cold

Schedule

- Sessions canceled or moved needed a big note taped up on meeting room.

Staff

- Great job all organizers.
- Great organization.
- Thank you Vanessa!!
- Vanessa is a 10 on the 4 point scale.

Other

- Website was helpful.
- Very nice
- Great Job!
- Keep up the good work, Loved it!
- Taught 6 years before I knew about Institute, needs better advertisement.
- JMU "great" place
- Website needs to pose items to bring, i.e. no sheets required, Ethernet cord etc...
- Sessions canceled or moved needed a big note taped up on meeting room.
- The program information wasn't available as early as last year.
- Always Great
- Love the Institute

- Really appreciate the closeness of everything!
- Please indicate in program guide times when shirts need to be worn so we can make sure we have them on, we need 2 shirts if we have to wear them a lot.
- This convention was awesome!
- Excellent facility

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 = 3.00 |
| b. Rock this party! | mean = 3.58 |
| c. Foundations of Fitness: The gold standard for functional training | mean = 3.37 |
| d. Obesity & Kids, Things have changed! | mean = 3.44 |
| e. Play with your brain | mean = 3.81 |
| f. HOPSports | mean = 2.86 |

4. Please list what you believe to be the major strengths of the 2008 institute.

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

Presenters

- Presenters quality
- Variety
- Great Presenters
- Jersey Boys!
- Energetic presenters
- Lots of pertinent presenters and information
- Excellent presenters
- Great presenters
- Good presenters
- BJ Santos
- Quality of presenters
- Presenters provided meaningful info
- Variety of different presentations
- Jersey Boys!
- High quality presenters and presentations
- The best were the Jersey Boys! Bring them back!
- The Jersey Boys ROCKED!!
- Knowledgeable presenters
- The presenters were amazing

- Energy of presenters/ knowledge of presenters
- Motivating presenters.
- Presenters focused on tam activities not so much on competition.
- Awesome presenters- energetic, positive, helpful, willing to answer questions, be available to give more information.
- The presenters were outstanding!
- The Jersey Boys were super!
- Presenters' very enthusiastic and possessed and thorough knowledge of topics.
- Presenters were well planned
- Professionalism of the presenters
- Strong presenters

Resources/ Equipment

- New ideas ready to use right away!
- Free books/cds
- Free books, cds, and equipment freebies are so useful!
- Equipment giveaways from Gopher was nice
- Amount of equipment
- Discount or free materials and resources
- Having Gopher donate equipment was awesome
- The Flaghouse sale was good as well
- More books given at sessions!
- More door prizes and equipment
- Books for free!!!
- Lots of take home info and resources
- Door prizes, books, and handouts

Sessions

- Great presentations
- Good choice of activities for different time periods
- VCU grad class offered
- Selection of classes was excellent
- Loved activities presented and information
- Varying activities for fitness
- Jump Rope activities
- Field Day general Session
- Beg, borrow, and steal was great!
- Small number of participants in sessions
- The technology class was amazing and so is Dr. Nye!
- Excellent variety of sessions
- Variety of Activities
- Health games and activities
- Brain interaction session
- Great variety of choices for session and repeated enough to meet most of my needs.
- Scheduling lessons multiple times was great.
- Great content at each session
- Very good movement sessions, except for dance

- All morning options were great- morning step work out!
- KIN 155 class was great- times to meet allowed time to go to sessions
- Rock this Party- Everybody dance
- Best Field Day Ever!
- Special programs always bring new unique ideas
- Great Sessions
- Noodles
- Variety of Presentations
- Great Variety of sessions
- Lots of elementary sessions
- Lots of activity not just sitting around and listening
- Great variety of activities all levels
- Very good topics for presentations. I could always find something interesting to attend.
- Outstanding presentations that covered a wide variety of grade levels, skill levels, health, wellness, etc...
- Dance, Wii, Field Day Ideas, Loved the Jersey Boys!
- A variety of materials presented
- Enthusiasm
- Lots of choices!
- General sessions are great and get everyone charged up, great variety, and good mixture of classroom and active sessions.
- Mix of activity and sitting activities

Staff

- JMU staff and Ambassadors
- Great people put it together and run it!
- Friendliness of staff
- The Ambassadors
- Tremendous support and friendly staff
- Vanessa!!
- Vanessa in charge- thanks!
- Wonderful staff to work with
- Loved the Ambassadors, and they were visible
- Vanessa's work for us
- Jackie Williams and JMU

Teams

- Camaraderie
- Networking Opportunities
- Interaction with peers
- Great team building
- High energy level of leaders
- Group activities
- Team presentations
- Enthusiasm of leaders and group members
- Leadership

- David our team leader was great! He made us feel welcomed and apart of the team right away.
- I like the team concept, dairy, passion fruit, etc... it was great for me as a first time attendant.
- I enjoyed the team sessions, it helped with networking.
- Groups were great- it was wonderful to have a “support” group

Other

- Highly organized, Professionalism, Fun. Excellent Information
- Well planned
- Free Stuff
- Loved having dorms, food, and activity rooms so close
- Options and involvement
- Beautiful scenery, facility, and excellent learning opportunity.
- Incentive to be healthy all week
- The people are fantastic, loads of information
- New information like Geomotion and new equipment.
- Schedule was jammed packed but very organized
- This campus is awesome! Very Clean! GO JMU!!
- Everyone’s energy and positive attitude towards a healthy lifestyle.
- Organization of the 2008 institute was fantastic.
- The institute was incredible! The sessions, staff, and the overall accommodations made the institute successful!
- Lots of potential stuff to use in classroom
- Great Facilities
- Ability to go online and get info from presenters
- Focusing on teamwork!
- Energy and enthusiasm of participants
- Good training
- Logistics were excellent
- Well planned
- See the ideas “under one roof” connecting, adapting.
- The fun!
- Plenty of time to network with peers
- Good idea to have handouts on website!
- Loved D-Hall!
- Real, applicable information and ideas.
- Promoting effective and strategic teaching methods
- Enthusiasm
- Positive attitudes
- Organization
- Networking with other people especially in other counties.
- Talking with other colleagues
- New ideas-so inspiring
- Seeing old friends - great people!
- Something for all interests

- Opportunity to talk with colleagues
- The games and ideas
- High energy
- Excitement
- Sharing of ideas
- There seemed to be enough in the mix to appeal to each of the levels (elementary, ms, and HS).
- The positiveness of so many people.
- Usable information's
- Learning new techniques
- The dedicated professionals who participate every year
- The convenience of parking, meals, and location
- Very interactive and hands on.
- Had to many things I wanted to go to in the beginning of the week and couldn't and not enough at the end of the conference
- A lot of movement
- Motivation
- Fun things that make people feel good about themselves
- Variety
- Accommodating
- Networking
- Up to date and new info on the assessments of movement
- Simply providing the service
- Best convention/institute of the whole year!!
- Communication
- The social aspect
- The humor involved
- Various components of physical education
- Awesome facilities
- Something for everyone!

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/equipment, schedule, sessions, teams and other.

Presenters

- Loved Jersey Boys
- Be careful of the quality of presenters and topics, some were not a good representation of what is needed in PE or Health class.
- Many of the activities presented by the presenters seem to be variations of things that have been done before
- Hope person speaking on autism will be able to come back. We need lots of info on this subject!!

Registration

- Send out a reminder approximately one week before institute
- Advertise more, unless you have been here before you may not hear about it.

- Please find a way to register for the courses earlier
- Get dates up earlier on website
- More info ahead of time. Ambassadors need to help more on check in

Resources / Equipment

- More vendors
- Silent auction for equipment that was being sold, wed. evening
- When equipment is being sold by whomever, perhaps have a silent auction, give a time limit and draw winners so that everyone has an opportunity to purchase the equipment.
- Have curriculum guides available to purchase – elementary, middle, and high school.
- Silent auction for Gopher equipment- Starting with low bid
- Get more vendors to come and give away equipment

Schedule

- On the program would it be possible to list when the programs are repeated at different sessions/days
- Continue to increase variety in planning
- Please offer only one type/category of presentations for each session, i.e. don't offer more than two active exercise based programs during the same time block. It makes it very difficult to choose because they look so good.
- Do more repeat sessions
- Can the daily schedule be annotated to let people know when the t-shirts need to be worn

Sessions

- Other workout sessions offered at various times in the day
- More secondary information
- Stop evening activities at 8pm
- More high school information
- Mandatory age group appropriateness for sessions
- DVDs with all sessions to take home
- Incorporate a “take care of yourself” session, massage therapy, aromatherapy, the user of saunas, whirlpools, jacuzzis (maybe some presenters that promote personal wellness)
- Would love to see if someone would conduct a workshop on making equipment for PE
- More middle school/High school activity
- New t-shirt logos each year!
- Please have the night end earlier- 7:30-8:00
- Want multicultural programs
- Need a higher stage on so you can see the feet of dance instructors
- Field Day was too focused on elementary leveled activities
- More discussions on grading (that was good)
- More adapted PE sessions
- Now that we have adapted state AOLS provide more sessions in assessment and rubrics

Teams

- Seriously, the night team thing has to go! Stick with a BBQ or something else.
- Any teambuilding activities might be changed to the middle of the day to free up participants to have their own freedom to run their day.
- Skit dances
- Having groups makes it feel like a family atmosphere.

- Remove team building activities. This will allow for the day to be shorter and allow us to focus more on essential sessions (health and PE) since we are not with our particular school or county (necessarily), team building is unnecessary and some of us who do not choose to dance should not have to be forced into uncomfortable situations.
- Another idea for the teams besides dance? Like a team scavenger hunt throughout the week
- Continue to mix up teams if you feel you have to have teams at all
- Mix up the different teams next year
- Change up groups- I have been assigned to the same group the last 3 years
- Start first general session and team meeting on Sunday evening and end on wed. day evening
- Allow to participants to choose sessions to attend so balance folks in sessions and books and materials will be available to all participants
- Team activities a must!

Other

- Keep up the good work.
- You're the best!
- Food equal in both cafeterias
- A little more down time
- At least have 1 hour of down time a day
- Coffee Shop open
- Everything was great, thank yu!
- Dining –some healthier choices like green leaf lettuce, not iceberg.
- I thought we were going to have a cook-out on Wednesday?
- Organize the PM outing- get with a place ahead of time, no redneck bars!!
- Better food, it seems lunch and dinner always served pizza, hamburgers, hot dogs, and pasta
- Another nice touch might be a relaxation lounge were people could relax while waiting for the next session
- Very Good Institute
- Pens or pencils in bags
- Thank you very much!
- I think we really need water bottles, also access to the laundry room
- Yes
- 2 t-shirts
- For meals, have some low fat dressings, more fruit.
- Please keep this great event going.
- Slightly less choices- just tweak it a bit
- Eat in D-Hall or have more variety of fruit, veggies, etc... in festival
- More hours in the day!
- Last night social kept on campus, inclusive, safer.
- More options for food, less high fat choices.
- Overall- Awesome!
- The info about web access came out late, would have been helpful earlier in the week.
- Everything was wonderful!

- Better food and plan a nap time.
- Thank you for all your hard work! Job well done!
- Nigh owl floors in dorms and sleeping floors
- I'm tired!
- Encourage people to stretch.
- It's hard to wind down after a full day and then get up at 6 for the early bird workout.
- Explain procedures to newcomers better so they don't feel lost.
- It's Awesome!
- ADD Childcare for PE Teachers that are married and both want to come
- Healthier food options
- Healthier choices at lunch and dinner
- This conference is by far the best one offered in VA
- Keep up the good work
- Keep it at JMU
- Give recertification points for Sunday classes
- Free use of UREC
- Keep up the good work, would like to get more classroom core teachers here!
- Ambassadors did a wonderful job! Thank you!
- Dance and smoothie night on sight one night
- Water available in conference rooms during session.
- Keep up the good work!! ☺
- Keep doing what you are doing
- Keep it coming!! ☺
- It was great
- More sport related activities dealing with football, baseball, etc...
- Keep up the great work!
- Sunday evening arrival for roommates at cost of 120 is extreme!! ☹ It is equivalent to getting a hotel room for an evening (especially when meal cards aren't used) Provide services independently priced
- Great people at JMU with great attitudes and personality
- Will be tough to repeat!

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.

66 Elementary Physical Educators
 32 Middle School Physical Educators
 15 High School Physical Educators
 18 Health Educators
 10 Driver Education Instructors
 0 School Nurse
 6 Administrators/Supervisors
 19 Coaches
 Other (please specify)

- Graduate Student
- Higher Ed
- College Professor
- Department Chair
- College and Sports Official
- Intramural Director

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, by mail or email. 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, 11/08

