2015 Health and Physical Activity Institute

James Madison University

Program Evaluation

The 2015 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. Approximately 330 professionals participated in the 2015 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 1-11) is available under Highlights from 2015 Institute. The website is: http://www.jmu.edu/kinesiology/hpainstitute/.

1. Please list any new ideas or teaching strategies that you're leaving the institute with that will help to improve or enhance your teaching and/or program.

The comments from those who completed the program evaluation have been categorized into four themes: Presenters, Health Content, Physical Education Content, and Other. Repeated comments are represented with a number beside the statement. Their comments are recorded below.

Presenters

- Chip Candy is always awesome. He offers simple skill building strategies. (2)
- Chip Candy (7)
- Chip Candy's suggestions for management with large numbers.
- All JD's games. (6)
- Chad-- relays-- 3 people (2 go at a time) (2)
- Speed stack fitness with Brian McPhearson.
- Chad Triolet's content connection was amazing.
- Krump with Mackenzie!
- I got some awesome ideas from the Pop Culture session led by Brandon Flowers.
- The 4 step dancing from JD Hughes.
- PE content-filled activities from Brian McPhearson.
- Fitness planning with Jason T.
- Management through numbers with Chip Candy.
- Ron's Focused Fitness content.
- The dance presentation by Maria. Great to use for rhythmic movement and warm-up.
- Mackenzie was great! I will use a lot of her information.
- Advanced PE class that Maria Corte talked about is something that I will incorporate.
- All activities by Chip, JD, and Maria were awesome and will be used in my classes!
- Mark Arrington's Pedometer Project.
- Networking was great! There were so many great HUMAN RESOURCES as presenters :) 
- Blendspace from Misti W.
- Greg L's warm-up stretches.
Health Content
- Technology ideas.
- Implementing technology-based learning in Driver's Education. (3)
- Loved the sex education class. (2)
- Health apps were excellent.
- Google classroom.
- Easy ways to plan units.
- How to quickly assess with plickers.
- How to relate nutrition to my lesson plans.
- Effective instructional techniques for the classroom.
- Ways to bring excitement to the health room.
- Nutrition energy balance activities.
- Kinetic games that incorporated movement AND nutrition. (2)
- Good movement activities that can be incorporated into the health curriculum.

Physical Education Content
- Loved all the dances. (25)
- Pop Culture workshop was a great idea. (3)
- Several ideas on how to teach energy balance to high school students.
- 3 person circle large group dance-- it was energizing, easy, and inclusive.
- Creating student led dances.
- CPR/First Aid training was AWESOME!
- Gathered dates for SOL reviews throughout the state.
- Technology ideas. (2)
- Ways to incorporate classroom lessons into PE and still keep them moving.
- Ways to incorporate cooperative games into class. (2)
- Zombie tag. (2)
- High school diploma elective of APE mentor program.
- Respiration relay.
- Adaptive PE lessons. (6)
- 3 person dance (Maria Corte).
- 3 person games/skills (Chip Candy). (4)
- Dance mapping.
- Pedometer projects.
- I can't wait to do Chip's bully snow ball fight!
- Quicker cues to get students back on track.
- Krump!
- Simplifying the skills in a station-like set-up to assure that the learning is thorough.
- I have a spreadsheet of all skills that will help me organize lessons much better.
- A bunch of good w arm-ups and cool downs from Maria Corte. (12)
- New transition ideas. (8)
- Ways to assess dance without doing all the prep work-- time saver, paper saver.
- Incorporate more rhythmic activities into my lessons.
- Strategies for implementing SOLs. (10)
- Management techniques/strategies. (12)
- Ways to create a dance or movement with various signs.
- Great circuit activities.
- Cooperative games. (4)
- More assessment ideas while students are working independently. (2)
- Allowing a little more freedom for students to modify their own activities.
- I liked the math integration with Noodle Academics. (3)
- Swing 101-- I have always wanted to incorporate swing dance into my rhythms unit. (9)
- I will include the Fit Sync workout into my warm-ups.
Field day games.
Pound fitness. (2)
I loved the Bollywood session and the breakdown of fundamental movements.
Grid fitness.
Rep N' Rotate session was outstanding and I loved her extremely easy warm-up ideas.
Fitness activities. (3)
Great teaching strategies during the "Amazing Race" workshop integrating math and geography in PE-- (also a great cardio workshop!)
Different variations to simple instant activities. (2)
Great tips on assessment (both formal and informal).
Ways to integrate curriculum into PE games. (2)
Pedometers into PE.
Cross-curricular ideas. (2)
Hyped Up-- taking PE games to the next level.
Tools in my "inclusion and adapted" box that I learned.
Circuits without equipment. (2)
Lifestyle fitness ideas.
Indoor tennis was great!
Animated PowerPoint for fitness warm-ups.
I love the "Do More with Less" suggestions. Thinking outside the box for equipment. (2)
The Amazing Race-- ways to modify for elementary.
Quick, easy, fun activities to get kids moving.
Speed and agility drills/lessons/games. (4)
Invasion 101 was helpful. (3)
Effective grouping ideas for PE. (2)
Motivating students with self-creation. (2)
Great ideas for fitness plans. (2)
Spikeball!

Other
Ideas for staff incentives.
Before and after school program ideas.
Fitness clubs.
ESL class had some great information that I will use throughout the school year.
Improved excitement to go teach-- recharged!
Create a PE newsletter
Equipment I can make or receive through donations easily.
Resources for parents.
SMART goals! (2)

2. Please list the major strengths of the 2015 institute.
Five themes emerged from the data collected regarding major strengths from participants’ comments. These themes include comments related to: Presenters, Sessions/Scheduling, Staff, Teams and Other. Repeated comments are represented with a number beside the statement.

Presenters
Presenters! Loved Maria! (25)
JD, Maria Corte, and Chip- they are great! (9)
I loved Meredith Morton with students with disabilities. I can't wait to take this back to the other PE PWC teachers.
The presentations and presenters were top quality. (17)
The TOY’s, Maria Corte, and other presenters are very knowledgeable about content.
McKenzie Ellis! (2)
• Maria demonstrated how to keep a large class engaged in fitness. (3)
• Loved the dancing sessions with JD Hughes. Great games incorporating math and fitness with his activities as well.
• Spicing up Sex Ed with Andy was GREAT! I would love more presentations like that.
• Energetic presenters. (7)
• Speakers were well prepared. (3)
• Presenters like McKenzie, Chip, JD Hughes, and Cindy Ferek. (2)
• Presenters made you feel welcome to try dances/activities even when you felt foolish.

Sessions/Scheduling
• Addressing new changes to SOLs. (7)
• Prime time games-- a truly inclusive high school sports league.
• Adapted PE set-up for success.
• I always enjoy the early bird sessions!
• Availability of courses.
• Assessment of instruction sessions.
• Quality ideas to increase student participation.
• Social development-- I loved the reflection/mirror/puppet activity.
• Team building activities.
• CPR recertification was great. Thanks for offering! (4)
• Offering sessions more than once for people who wanted to see them but had a conflict the first time it was presented. (4)
• Excellent presentations that are in line with current information.
• All presentations were full of ideas (both general and activity sessions).
• Catering to all grade levels.
• Incorporating technology. (6)
• No down time! It kept us moving!
• I love that there were two sessions about "language" in PE. Many schools are putting a strong emphasis on literacy across disciplines.
• I was disappointed in the sessions offered by GOPHER, because I felt they were primarily plugging the company.
• Team building sessions were awesome.
• Allowing time to meet with professionals.
• Addressing major current issues (ex. change of SOLs).
• A lot more adaptive classes this year.
• Structure-- schedule, meal times, and evening sessions.
• Evening general sessions were great!
• Having students with disabilities as models during the adapted sessions.
• Sessions are 100x better than VAHPERD.

Staff
• Knowledgeable (2)
• Ambassadors! (3)
• Energy from people in charge!
• Very well organized, as always. (2)
• Very friendly and helpful.
• Check in was super efficient.
• Staff was very welcoming.
• Organization was maintained throughout the institute.
Teams
- Breaking participants into teams (2)
- Tuesday night competition. (4)
- Excellent opportunity to network with other professionals. (8)
- Team leaders.
- Scavenger hunt was fun! (6)
- Jamie Wright was a fun team leader-- so positive and energetic!
- Team camaraderie is great fun and awesome for networking.
- Working with peers.
- Group atmosphere-- team bonding/friendship.
- Being in a group with teachers from my district.
- Group leaders were energetic, inspiring, and passionate.

Other
- High energy and enthusiasm participants/presenters/staff (9)
- Grant writing.
- Giveaways for teachers. (3)
- Friendliness of participants.
- FOOD!! (4)
- Directions to locations were marked well.
- Lodging was wonderful.

3. Please list any suggestions for improving the institute experience.
Comments regarding suggestions for future institutes are categorized by: Presenters, Registration/Meals/Accommodations, Schedule, Sessions, Teams and Other. Repeated comments are represented with a number beside the statement.

Presenters
- TOYs present when supervisor can see them.
- TOYs-- would have liked to get a better idea of what makes their teaching so successful instead of them showing one or two games.
- Get Bobby to present!
- TOY teachers need to improve their material. (4)
- Diversity and strength of presenters.
- Recruit more presenters so that the same person is not doing 4 plus sessions.
- Some new presenters might need to know a little background about the institute. For instance, the VA ABC presentation did not relate well to teachers. (4)
- If presenters would allow-- put contact information in program. (3)
- TOYs were not good this year. Best practices were not observed.
- Disappointed to see TOYs showing station rotation and relay lines. It seemed like they compromised PE lessons to teach core content. I want the TOYs to present innovative ideas.
- Notify in program if a presenter is trying to sell their curriculum. (6)
- Screen the TOYs presentations.

Registration/Meals/Accommodations
- Do not have a party in the dorms where others would like to get their "7 hours of sleep."
- Offer a map of JMU campus for some of these buildings like HHS and UREC from Festival. (7)
- Provide a water bottle for participants along with the bag. (2)
- Have coffee available (after 4pm) along with water. (2)
- More fruit options at dining hall.
- Food at meal time labeled gluten-free.
- Better blankets for the dorm rooms.
• More nutritious, healthy meals in the cafeteria. It would be nice to have more selections than pizza and hotdogs each day.
• Have a late 7-8pm check in on Sunday with no meal. This will allow you to have some workshops around 9am on Monday (or have the opening meeting earlier).
• Lunch needs an extra 10-15 minutes. The lines are long, then people end up walking in late to the 1pm sessions.
• Arrange meals at different times than the other camps if possible. (3)
• Make sure water jugs stay full. (3)
• Reiterate no partying in dorm rooms-- use lounges instead.
• Place evaluation form and points card in the registration bag. This allows those who are participating in a partial conference to participate also.
• Participants should complete cards for drawings at registration. This would allow all names to be included.
• Change bags to backpacks with logo for 2016.
• Add app or website to log pedometer steps.
• Include a pen with the registration package.
• Snacks between sessions.
• Request early bird housing versus the night owls. It may help eliminate the frustration of those who want to go to bed early when the dorms are loud.

Schedule
• A separate time to purchase equipment.
• Make closing ceremonies shorter-- it makes for a long last day. (5)
• On Wednesday, stick to the schedule at the end. Most of us have a long drive home in traffic. (2)
• End earlier on the last day. We started the dances at the time we were supposed to be ending the institute. (5)
• Cut speakers off when they are way over their time. No one should make other participants late.
• Start sessions earlier on Tuesday and Wednesday.
• More specific on the details before the institute week.
• Organize an event for Tuesday night.
• Possible half day on Wednesday.
• Check speaker times. Don't allow speakers back to back blocks.
• While I enjoyed Cindy Ferek's session at the end, it really impacted our departure time. Please stick to the schedule. (2)
• Add fitness classes during the day-- yoga, TRX, group classes.
• Include in the program list whether it is open to everyone or if it is part of a graduate class.
• Use the outdoor space and tell people that are not participating to leave the area if they are talking. This is a conference.
• It would be nice to have 30 minutes-1 hour to collaborate with colleagues and organize ideas that are learned. We learn so many cool activities but some seem to get lost in the shuffle.

Sessions
• Need to introduce Crossfit! Crossfit kids!
• Please identify more clearly whether or not a session is focused on selling a product.
• Making sure everyone is quiet while speaker is talking. It's rude and disrespectful to have mini conversations while the speaker is presenting. (2)
• More technology integration ideas.
• Some presentations specifically related to weight lifting and advanced PE classes.
• I wish there were more Driver's Ed sessions. (2)
• Continue to offer multiple sessions of the same presentation (especially the ones you KNOW will be great based on prior evaluations) to provide opportunities to see as much as possible.
• Add some low energy activities (yoga, tai chi) so we can rest a bit.
• Keep all sessions in Festival-- difficult to find HHS classrooms.
• Diversity and topics for sessions.
• When doing course descriptions, order them according to grade level so that I can pinpoint which classes would be most applicable to me.
• More health sessions. (4)
• Place the CPR training possibly on Sunday. I missed some sessions I would have liked to go to.
• Some discussions/classes on management would be great.
• Include more information on dealing with diverse cultural groups and the inclusion of culture-specific strategies.
• Post videos of all sessions to the website so that we could watch ones we didn't have an opportunity to attend. (7)
• Outdoor adventure.
• Geocaching.
• More coaching sessions.
• Some sessions are too close to one another which makes it challenging to hear. For example, the lower and upper drum sessions. It is conflicting. (6)
• List music used in sessions on website. (2)
• More information on current research.
• Difficult to see screens in grand ballroom if you were seated in the back. Either have all screens on, or make text larger on each slide. It was also hard to hear at times. There is a need for better audio.
• Connect with JMU technology students and have them film the "key/hot topic" sessions and make videos to sell to county supervisors who attend JMU each year.
• Early bird wellness-- new activities/games needed for 2016.
• More technology in the classroom lessons for health classrooms. (I loved the PE focus though!)
• Not that many high school level activity sessions this year.
• Need more game-oriented sessions-- a lot of sit down this year. (6)
• County/city supervisors should encourage good/great teachers in their area to present. I love the people who give of their time and present, but after coming to the institute for 8 years there are a lot of repeats it seems. I think presenting is intimidating to some people, and maybe they don't think they have great ideas, but they do. It doesn't have to be a big name presenter to be of good quality.
• More health sessions.
• Encourage people to share a lot of stuff in sessions, not just one idea for 50 minutes, especially TOYs. (3)
• A lot of sessions seemed to be dance-based. Add more content-based activities for next year. (3)
• Please do not have a speaker in the closing session. Everyone is mentally checked out by that point.

Teams
• Rotate groups so that participants can get different color shirts. (16)
• Split up commuters. (10)
• They made the institute fun with all the dances and the scavenger hunt at night.
• Have everyone from the same county on the same team.
• College students should be divided and put on teams with teachers and supervisors. They should not be isolated on a team by themselves.
• Teams need to be more diverse. My team had all of VCU on it, so I didn't get to meet many other people.
• Other than dance, have different competitions between the teams.
• Have earlier team meeting times rather than 830-9pm.
• There was a large emphasis on community and teamwork.

Other
• Take out the names of people who have already won prizes. There were several people that won more than once.
• Would like to keep pedometer?! :) 
• Meeting with others in your grade level to share ideas/lessons.
• Move the social off campus and offer transportation for a minimal fee.
• Have an ice cream social.
• For point cards consider nutrition points for those who eat paleo/primal/have food allergies.
• Please add adaptive PE as a profession/position on the back of this evaluation.
• Reduce rate for participation. Teachers still get professional development.
• Institute planning committee should not be eligible for prizes. Put guests first.

4. 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

a. Overall quality of the institute’s programs mean = 3.7
b. Institute’s registration procedures mean = 3.8
c. Communication regarding the institute mean = 3.7
d. Accommodations - Rooms mean = 3.3
e. Accommodations – Meals mean = 3.4
f. Overall quality of meeting rooms mean = 3.6

Comments: The comments from those who completed the program evaluation have been categorized into five themes: Presenters & Sessions, Registration, Housing & Meals, Schedule, and Other. Their actual comments are stated below. Repeated comments are represented with a number beside the statement.

Presenters & Sessions
• Assessment session did not assess the SOL's.
• Some of the TOY presentations weren't worth seeing.
• Movement Builds Minds presentation did not provide any new, cutting edge activities/info.
• Team meeting room was small and didn't allow space for practice. (3)
• Bigger rooms to accommodate everyone for the sessions. (4)
• Would have liked to see more technology use (PE and health) for student use in the classroom/gym.
• Would have enjoyed the GOAL session at a different time or as a workshop. It was good information, but just hard to stay engaged.
• Meeting rooms were COLD! (3)
• GOAL would have been a good optional session, but not a great closure and it was long.
• It would be great to see a combination of new presenters and to see some young blood presenting.
• Compe-lition word scramble was very difficult!
• Meetings run too late!
• Great presentations, presenters, and a great way to meet new friends!
• Movement Builds Minds-- JD was awesome!
• Lighting issues in big ballrooms.
• Upper drum tables and chairs could be moved out to give more room.
• Movement Builds Minds-- hard to see the stage and learn the dance moves.
• GOAL was inspiring!
• Monday's meetings were disappointing.

Registration
• Give better information about WHERE to check in.
• Information about the conference should include what to bring (sheets, towels, etc). I didn't know if I needed these things or not. (3)
• Communication was less this year.
• Awesome and easy.
• The front desk and check-in was extremely efficient.

Housing & Meals
• Please get fitted sheets in dorms.
• Everything was clean and tidy! That's very important!
• Not enough healthy food in the dining hall other than salads. Really?! Need more cooked green vegetables and more fruit options. (3)
• Food variety seemed less this year. (9)
• The rooms were adequate, but missing a trashcan!
• Limited choices for food for people with allergies.
• Food/trash from previous guests was found easily visible in the room! (2)
• I wish I was part of a suite with a bathroom. Was that an option when registering?
• Loud music in rooms nearby. Not considerate of others. (2)
• Need better coffee.
• It's a dorm room, but I loved the views!
• There were NO BANANAS for a day and a half.
• If possible, stagger lunch start time with the LAX camp and the parent orientation.
• Not many whole grain items.
• Offer the evening social off campus. It was very late for people that wanted to SLEEP.

Schedule
• List of presenters/activities is always so close to the event. It would be better to receive this information earlier (4 weeks).
• Excellent program. (3)
• As a first time attendee, I would have benefited from some more guidance about how the schedule worked, suggested needed items, and the amount of PD points earned. This could have been in an email prior to coming.
• HHS 2057 room was tough to find.
• Very well organized.
• In the program, have the room number in the description (not just on the schedule).
• Great organization, structure, and easy to navigate.

Other
• JMU is a great space for this!
• It was a good experience. I would consider coming again.
• Videotape each session so that each school could purchase the video.
• Would love to have more social events in the evenings. There was not a lot to do after the sessions were over. Access to TV, etc. were not available. The institute could offer a game night or a movie night.
• Wireless issues.
• It's so great to meet new PE teachers and gain ideas!

5. Using the same scale as in #4 please rate the general sessions based on their professional contributions

   a. The TOYs on Monday = 3.4
   b. "Movement Builds Minds" -- 5, 6, 7, gr8! = 3.6
   c. "Compe-lition" = Compete to Complete! = 3.7
   d. Easy Assessment for the Teacher... Fun for Students! = 3.6
   e. Fitness in Sync = 3.6
   f. GOAL- Go Out and Lead Your Students! = 3.5

6. Your current position (please be specific).
   The participants who responded to this question identified their current positions.
   Elementary Physical Educator = 88
   Middle School Physical Educator = 73
   High School Physical Educator = 64
   Health Educator = 56
   Driver’s Education Instructor = 31
   Coach = 60
   Administrator/Supervisor = 8
   Other: = 32
II. Individual Workshop Evaluations
At the conclusion of each workshop some 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 by email. Mean scores were generated from the quantitative data while the qualitative data were combined into one list. What follows on the hard copy of this document are individual evaluations of each session in alphabetical order by presenter.

Data compiled by Samantha W. Kullander
Submitted by Jacqueline Williams, 11/15