Evaluation Report

2003 Health and Physical Activity Institute

July 2003
Health and Physical Activity Institute  
James Madison University  
July 2003

The 2003 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 and provided an opportunity for teachers to share teaching and learning practices that worked. The primary objective of this institute was to improve the health and educational performance of children through better nutrition and physical activity instruction in Virginia’s schools.

I. Overall Evaluation

One hundred nine participants completed the overall Health and Physical Activity Institute evaluation form during the final day of the four-day session. Their responses are summarized below.

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

   Yes . . . . . . . . . . . . . . . . . . . . . 100%
   No . . . . . . . . . . . . . . . . . . . . . 0
   No response . . . . . . . . . . . . . . . 0

2. Participants were asked to rate the following aspects of the institute using the following scale:
   4 = exceptional, 3 = outstanding, 2 = met expectations, 1 = below expectations.
   Table 1 indicates the mean rating for each aspect of the institute.

Table 1: Mean Rating of Several Aspects of the Institute

<table>
<thead>
<tr>
<th>Aspects of Institute Rated</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall quality of the institute’s programs</td>
<td>3.73</td>
</tr>
<tr>
<td>Institute’s registration procedures</td>
<td>3.60</td>
</tr>
<tr>
<td>Communication regarding the institute</td>
<td>3.43</td>
</tr>
<tr>
<td>Accommodations – Rooms</td>
<td>3.17</td>
</tr>
<tr>
<td>Accommodations – Meals</td>
<td>3.64</td>
</tr>
<tr>
<td>Overall quality of meeting rooms</td>
<td>3.65</td>
</tr>
</tbody>
</table>
Overall all aspects of the institute were rated outstanding—even the accommodations of college dorms received the lowest rating of outstanding. The quality of the programs was rated the highest bordering on exceptional, while the meeting rooms and meals were close behind. Generally speaking these mean results reflect the professional atmosphere of the institute. The participants’ professional needs along with personal comforts were met with outstanding ratings.

3. Participants were asked to rate the general sessions based on their professional contributions using the following scale:
4 = exceptional, 3 = outstanding, 2 = met expectations, 1 = below expectations.
Table 2 indicates the mean rating for each general session of the institute.

### Table 2: Mean Rating of General Sessions

<table>
<thead>
<tr>
<th>General Sessions</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thinking on Your Feet</td>
<td>3.75</td>
</tr>
<tr>
<td>Using Assessment Technologies in PE</td>
<td>3.72</td>
</tr>
<tr>
<td>Nutrition Education</td>
<td>2.66</td>
</tr>
<tr>
<td>FISH!</td>
<td>3.85</td>
</tr>
<tr>
<td>Pedometers</td>
<td>3.83</td>
</tr>
</tbody>
</table>

The general sessions were held throughout the week at times so all participants could attend. The FISH and Pedometer sessions received the highest means, giving them above outstanding ratings. Nutrition Education with a 2.66 mean still met the participants’ expectations, but it should be noted that the Nutrition Education session was scheduled just before people were due to leave the institute on the last day.

4. Please list what you believe to be the major strengths of the 2002 Increasing Physical Activity and More Institute.

The participants provided open-ended responses to this item in their own words, with some providing multiple responses and others none. From the qualitative data three categories emerged: general professional climate of the institute, comments on specific programs and professional contributions, and comments related to personnel and site. The most common responses are listed to highlight each category.

General comments related to professional climate of the institute
- Great enthusiasm/High energy (23)
- Networking (14)
- Great team leader (8)
- Motivational (3)
- Involvement/Interaction (3)
- Diversity of attendees (2)
- Three and a half days was great (not a week) (2)
Comments on specific programs & professional contributions

- Team activities/Cooperation (32)
- Quantity/Quality of information/Relevance (20)
- Fish (10)
- Variety of activities (10)
- Quality speakers (9)
- Great ideas (in general) (9)
- Beth Kirkpatrick (7)
- Dance night (6)
- Technology ideas (4)
- Pedometers (4)
- Enjoyed the hands-on sessions (4)
- Good night activities on the lawn (4)

Comments related to personnel and site

- Very inspiring/Great attitudes (12)
- Organization (5)
- Great staff (4)
- Professionalism (3)
- Facilities were great (3)
- Food
- Leadership (in general)
- VDOE

The qualitative data suggests that the respondents were motivated by attending the institute, discovered new ideas and information from the sessions, and appreciated the personnel and location of the institute.

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

The feedback that participants provided were organized through five themes: regarding sessions, suggestions for future sessions, how to spend time at the institute, conference materials, and pre-institute. The direct comments will help illuminate the themes.

Regarding sessions:

- Make more sessions available – wanted to take more sessions but could not; offer some classes twice; offer health sessions on one day; make individual sessions more available; Bring back Terry Gooding’s message sessions (15)
- Need handouts from presenters (5)
- Improve nutrition session – maybe have that one on the first day or omit nutrition presentation (4)
- Health Ed. needs improvement (4)
- Better descriptions of the sessions and better grade level descriptions (3)
Improve graduate class (2)  
Music and movement was very weak (2)  
Keep providing the institute  
Continue search for conference speaker  
More hands-on sessions  
Don’t let guest speakers go over 60 min.  
More organized presentations  
Notification of what to bring for some of the activities  
Requirement of 3 health workshops forced some attendees to miss important P.E. workshops

These comments suggest offering some sessions twice, encourage presenters to prepare handouts, communicate to participants as to how they can be prepared for the sessions and improve workshop descriptions.

Suggestions for future sessions
More adaptive physical education presentations (2)  
Have more P.E. sessions as opposed to Health, particularly elementary P.E.  
More time framing VA’s curriculum  
Future statewide ideas on uniform curriculum  
Focus on weight control and the obesity problem – health professionals should lead by example  
Keep the dance session  
Have Beth Kirkpatrick on the last day – very energizing  
Discussion of state testing results – VA Plan and Vision

There is an interest in statewide initiatives, adapted physical education, and curriculum development.

How to spend time at the institute:
More downtime (8)  
More time to meet with teachers of same level to discuss ideas (3)  
Yoga/stretching as a fitness choice (3)  
Open swimming facilities (2)  
Last Day: breakfast, awards, evaluations; “heart monitor speaker”; depart by 11:00  
Golf session

Four day institute better than five day  
More activities  
Another night activity  
Social one night  
More “all group” activities on the lawn  
Too much sitting around at times  
More time to prepare after check-in, especially for presenters
Typical to hear participants wanted more down time. Suggest kicking off the institute with a luncheon and keynote address and giving the participants the morning to register, settle in, review the agenda and find their way around campus. The planning committee could also utilize this time to organize and meet. Regarding the workshops it is my suggestion based on the responses that the institute dedicate Tuesday and Wednesday solely to workshops and hold general sessions on Monday afternoon/evening, Tuesday evening and Thursday morning. Tuesday evening’s session could be followed by a social. We may want to investigate having a golf workshop one afternoon, followed by a round of golf for those interested at the local golf course.

Comments related to conference materials
- Provide water bottles for everyone and/or water (7)
- Provide book bags instead of shoulder bags (2)
- Have the handouts in book form to be purchased (2)
- Shirts for everyone at the end
- Include writing implements with sign-in packet
- Better distribution of door prizes

Pre-institute
- Better promotions (3)
- Need information prior to institute (2)
- Better pre-registration – better organized (payment to wrong place, no name tag)
- Invitations to science teachers, nurses, health ed., and physical ed. Professionals
- Provide better driving directions

To promote improved communication I would suggest the development of a website linked from the JMU Kinesiology homepage and maintained by JMU. This would allow for individuals to access registration materials, registration confirmation, conference schedule, directions to JMU, and institute materials.
6. Your current position (please be specific)?

The 109 participants responding to this question identified their current positions in open-ended responses. Six categories of school positions emerged from the data, while 2 participants did not respond to the question. Over 70% of the participants were teachers representing all developmental levels, while almost a quarter of the participants held administrative positions in their school divisions.

a. H/PE teacher, elementary ........................................ 40
b. H/PE teacher, middle .................................................. 23
c. H/PE teacher, high .................................................. 15
d. H/PE teacher, adaptive ............................................. 3
e. H/PE department chair ............................................. 8
f. Administrator/coordinator/supervisor ..................... 18
g. Unknown ................................................................. 2

II. Individual Workshop Evaluations

At the conclusion of each workshop the participants were asked to complete an evaluation of the session. The data from those who completed the evaluations were compiled onto one sheet for each workshop. Mean scores were generated from the quantitative data while the qualitative data was combined into one list. What follows are individual evaluations of the sessions in alphabetical order by lead presenter’s last name.