The 2014 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 2014 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 2014 Institute. The website is: http://www.jmu.edu/kinesiology/hpainstitute/.

1. What are you leaving with that will improve or enhance your teaching and/or program?

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

Presenters
- Brain gym sessions, very informative
- All of Maria Corte's ideas (35)
- Chip Candy's "90 Things to Know as a New Teacher"
- Breakout session with Shelly Hoffman-- "Weekend Bags"
- Maria Corte's agility information (3)
- Mushel's dance information (4)
- Jason (Fairfax) gave some great ideas to cross-curriculum with teacher and gave me some ideas to use when we are kicked out of the gym and have to be in the classroom
- Mackenzie M. Ellis was awesome! Loved her breakdown session on ways to teach current/popular dances.
- Maria Corte's stations, zig-zaw obstacles, etc. (7)
- As a classroom teacher, Jason Kain's presentation helped me look at ways to enhance my math curriculum through physical activity. Soccer bowling was awesome!
- Loved Tony Loomis introduction to the school year.

Health Content
- Tobacco information
- Lots of nutrition information-- info on fueling teens
- Nutrition information to focus on in lessons (2)
- Improved ideas for health education
- Incorporation of health with limited time
- Nutrition for young athletes (3)
- Use of technology
- Recertification for CPR/First Aid. Kudos to John!
- Tentative SOL revisions for future school modifications for teaching and accounting (grades).
- Nutrition scorecards for my students
Physical Education Content

- Using the whole gym during circuits-- how that looks and how to set it up (23)
- New dance ideas to incorporate in school (19)
- New brain break activities that I plan to share with coworkers
- Using dance not only as an instant activity, but as a movement break in the classroom (2)
- Using obstacle courses more
- New small-sided activities and instant activities
- Ways to adapt many activities for most grade levels
- Adventure games (11)
- The archery workshop!
- Handshakes by Chip Candy (2)
- Many of the sessions on Festival Field were very applicable to what I teach in my PE classes
- Cooperative learning ideas (4)
- Teach and EXPLAIN rhythm to students (like the dance TOY on day 1)
- Project-based learning (5)
- First class is ALL about teaching trust-- communication works for ANY class PE or academic
- Spikeball (5)
- Technology in the gymnasium
- "Jugglers on the Move"
- Learned numerous equipment-free activities
- New music ideas
- New cultural dances
- Variations of tag games to increase cardiovascular endurance
- Not using whistle to get attention
- Fitness warm-ups and strategies for fitness
- Video modeling techniques for students with autism
- New types of equipment and equipment modifications for students with disabilities
- Fun ways to learn/teach students names and build a cohesive class-- respecting and working together as a unit
- I learned amazing tricks with a hula hoop!
- New ways to do tag games
- New ice breakers and team building ideas (23)
- Reaction balls with activities
- Tabata
- Timer tops
- Incorporating core subjects into lessons
- Pedometers (5)
- 101 Non-traditional games was fantastic (2)
- Management strategies- grouping (4)
- Music and timer apps (countdown to activity while doing attendance)
- Alphabet and numbers games
- Got some great new ideas for skill development
- DDR modified
- Use of videos to instruct
- Bike Smart **
- Inside Recess Box-- great presenters and good practical ideas for classroom teachers (2)
- New intro/ first week games
- APE task list
- Great ideas for fitness testing-- without boring them to death (using distractions to get FIT)!
- "Big Fish, Little Fish" dance (5)
- "Crazy 8's" (3)
- Safe Routes to School-- understanding and awareness
- Beginning of semester ideas to get my students excited about class
- Ideas to take to core teachers for movements in classroom
Adapted PE ideas (7)
Loved the ABC, 123 tile game from Tuesday night. Great idea for an elementary class, and can expand it so many ways.
All inclusive activities and ice breakers
New games with numbers
Noodle tag games (11)
Assessment ideas/plan

Advocacy
Create a PE newsletter
Ways to advocate my profession within my community
Grant information

Other
Made new networks (2)
How to motivate students (2)
New contacts
Learning to take myself less serious in order to give my students a more enjoyable experience in PE
Get excited about your delivery!
Reminder that there is not so much that is NEW... but get excited about how to deliver it!
Be positive when you hit the gym floor (3)
Keep expectations and consequences SIMPLE
Establish a great climate, even if I lose instructional time! Really liked Tony Loomis.
Visuals for students with autism in classroom and physical education setting

2. **Please list the major strengths of the 2014 institute.**

Six themes emerged from the data collected regarding major strengths from participants’ comments. These themes include comments related to: Presenters, Resources/Equipment/Accommodations, Sessions/Scheduling, Staff, Teams and Other. Repeated comments are represented with a number beside the statement.

**Presenters**
Presenters! Loved Maria! (25)
So informative/knowledgeable (5)
Great speakers (5)
Speakers at general sessions have been awesome! We have also had more opportunities to interact with them.
Maria, Chad, and Andrew Wymer were great!
High energy of presenters
John Thompson always great! Enjoy his sessions!
Choice of speakers and leaders was very good
Mushel and Corte sessions (2)
Chip Candy (15)
TOYs :) (2)
Presenters share a wide variety of topics
Adaptive reps
Keynote presenters-- most were engaging and very informative with a vast knowledge as their craft
Great enthusiasm
Let’s Move with Mackenzie (10)
Mackenzie Ellis was very passionate in her teachings and it was evident that she enjoyed it.
Speakers were great. Science speaker put a damper on the momentum. (4)
- Tony Loomis was a great presenter. Great ideas to start the school year. (6)
- Great dynamic presenters with a huge knowledge base

**Resources/Equipment/Accommodations**
- FOOD!! (4)
- Handouts available on website (3)
- Organization outstanding from entry to exit
- ASL interpreter-- THANKS!
- JMU accommodations

**Sessions/Scheduling**
- Great presentations (2)
- Liked downtime for dinner to network or workout
- Well organized (3)
- Great use of all space inside and out!
- Organization was first-rate
- General sessions fun and informative (2)
- Programming is really strong
- BETTER SESSIONS! More to choose from this year.
- The number and variety of activities offered
- Lots of dance sessions
- Lots of activities to share with classroom teachers
- Presentations accurately met activity descriptions, especially Mushel
- The amount of activities that were offered within each session
- Glad sessions are offered more than once so that you don’t have to pick and choose and miss out (2)
- Time between meals and sessions
- Variety of early bird activities (5)
- Offering CPR/First Aid Recertification (3)
- Outside activities offered
- Loved the kettle bells early bird sessions
- Concurrent sessions that balanced and blended presentation and activity

**Staff**
- Knowledgeable (2)
- Enthusiastic staff and ambassadors (3)
- JMU ambassadors are super helpful! (3)
- Ambassadors rock every year!
- Staff so helpful
- Outstanding, experienced, real educators
- Student ambassadors participating
- Communication service desk and all the workers involved were extremely helpful and their attitude was great!
- Great leadership team, ambassadors, etc.

**Teams**
- Breaking participants into teams (2)
- Loved the Tuesday night cooperative activity with team
- Awesome group challenges on Tuesday night. All were well-planned and executed.
- I love the groups
- Team game night!
- Love my Dairy Group and Toni Brown as leader.
- So many JMU PHETE program alum
Team leaders did an excellent job of providing information and sharing experiences and wisdom. (3)
Team activities help bring people together, especially if you are coming to the institute as an individual

Other
- High energy and enthusiasm participants/presenters/staff (9)
- Great networking/resources from other counties (3)
- Positive atmosphere (2)
- Professionalism
- Ability to learn from peers
- Resources-- bags, padfolios, pens, online resources

3. What suggestions would you have 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
- Too much talking by TOYs -- preview the TOYs, some are not useful sessions!
- Encourage keynote speakers to move active presenters, not lecture (10)
- More movement/activities which involve standing during general sessions (i.e. game breaking nutrition)
- Don't use QR readers only as a means of attaining presenter information. Some people can't use QR readers!
- Contact information in the program for all presenters
- Put presenters on big screen instead of the PowerPoint, so participants can see regardless of position in room
- TOYs should teach, not sell SporTime equipment
- That our presenters be well-educated or pre-screened before making derogatory comments during sessions.

Registration/Meals/Accommodations
- More time
- PHETERs all on the same hall!! (2)
- Put all young people together in dorms near lounge so we don't disrupt others with noise (4)
- Fruit/water available throughout building between meals-- or include water bottle on list of what to pack
- Having no-meal-plan option for registration
- Late night snacks in the dining hall
- More fruit during meals, and a variety of fruit!
- Offer list of things to pack for conference (back pack- small, items for dorm room, water bottle)
- Sugar-free items (desserts, syrups, etc.)
- Include passes to UREC at a lower rate
- More gluten free meal choices
- Limit parties in the dorm! Although lounge areas are used and promoted, those that have rooms close to them were unable to sleep on the first night.
- Reminder email with details before the event begins
- Maybe include a welcome sheet for first timer participants. I had no clue what was going on with the teams. (3)

Schedule
- A little more time between sessions. 10 minutes is not enough time to ask questions, say hello to colleagues, etc. 15 or even 20 minutes would be easier to get to the next sessions. (2)
- Increase room size for presentations that anticipate large numbers
- End earlier on the last day of the institute (3)
- Have adapted PE symposium as a pre-conference activity (or outside of the other sessions)
• Have some time to discuss ideas with coworkers/district people during the day (maybe 30 minutes)
• Allow for more sleep! (12)
• Couldn't make the points as a commuter-- can't get 7 hours of sleep and get here at 6:30am for early birds. Any break for commuters on this?
• Maybe having a "move out" break after lunch on last day
• Add another day! (2)
• Offer more 3 credit classes at lower price
• Off -set meal time with camps when "kids" are making a mess of the cafeteria
• Research shows that concentration and information retention is drastically decreased after long periods of instruction. I feel we should conclude by 8:30 regardless!! This conference does not allow (or makes it difficult) to get 7 hrs of sleep due to scheduling.
• Great program, clear layout /timeline
• A couple hours of downtime or end earlier (within downtime, have activities available for people to play if interested-- soccer, spikeball, Kan jam, etc.)

**Sessions**

• I would like a session on technology in the gym and classroom. I thought the one listed was for the class that started on Saturday for credit, so I didn't think I could go.
• More driver's education and health sessions (3)
• Increase health information
• No more lectures (2)
• Bike Smart II as a review session and more group bike rides on trails, parks, and roads
• Billy Blanks taekwondo training
• Bullying proved to not be a major interest
• Additional health sessions that focus on secondary level
• On Tuesday, there were too many great sessions that were only offered one. For example: the 11-11:50am had 6 sessions, all offered once (101 Tag Games, Team Games, Serious Circuits, Noodle Academics, Creative Warm-ups for Kids, Assessing Student Learning). It would be great to have all classes at least offered twice.
• Neida Williams return for dance night
• Health classroom activity sessions (3)
• Some descriptions of sessions incorrect. Possibly check with presenter and post.
• Morning running and cycling group activities
• I liked how the APE symposium is in the same area. Super convenient. Can other disciplines be similarly set up?
• I understand the desire to be environmentally friendly, but it would be appreciated if presenters had hard copies of their session for the participants to make notes during the time of the session.
• Having more programs for nutrition with athletes/kids
• Offer a session that is a panel of different teachers with different schedules/programs for H/PE at their schools to show options for set-up at school
• I would love to see a future session on how to integrate yoga into middle school PE classes
• Some of health presentations were more geared toward selling their in-service to a district and not as much about helping the teacher use the product
• Make clear when sessions are focused on promoting/selling their product versus information/activities
• Add geocaching
• Utilize the rec center on campus
• John Smith had great games, but played the games too long, so didn't get to see a lot of different activities during the session
• Maybe less dance and more health-based activities, or meshing both, to help get ready for SOL updates that are coming our way!

**Teams**

• Not putting all commuters on the same team, but mixing it up some so that the team does not drop significantly in number each night as some leave early. (6)
• Competitions between teams for prizes :) just an idea
• Switch to vegetables instead of fruits
• Maybe a team lunch on the first day! This would help those who do not come with a group to the conference.
• Less time spent on team presentation. We spend hours preparing and practicing something that takes 2 minutes and doesn't provide anything to use with students.
• Split up commuters onto every team, rather than putting them all on one
• Split up school divisions. The point is to network. These people network all year long.
• Change team names each summer to mix it up
• No more fruit groups-- YUCK-- amazing how unprofessional these groups have become. Poor planning. Poor communication skills. Poor professionalism. Some leaders take it too serious-- don't stay to time schedule and take fun out of it! Old participants are growing tired of it... maybe give an option.
• Make teams for true networking-- plan topics-- monitor, plan, share, NO MORE FRUIT GROUPS, YUCK!
• Mix everyone up and make even numbered teams
• Team challenge night more competitive
• Switch team colors each year so that we can get different shirts if we come many years
• Rather than activities for health/rhythmic dance at the end of the team experience--- allow more freedom or just have teams create a chant they use throughout the conference. No competition at the end. Burnt out with the same routine.
• Please mix up teams. I get to have collaboration/in services with the other folks from my region. I would like to be able to network/collaborate with other teachers around the state. (3)
• Rotate team leaders OR participants
• Amazing Race competitions for teams to compete in each day in addition to accumulation of point card
• PLEASE have team meetings during the day and have the institute conclude at 8:30 each night
• Scavenger hunt as part of team activity night
• I feel attendees should not be given their team shirt until the last day, right before the performance. We had several people who showed up at the first meeting, got a t-shirt, then did not show up for any other team activity/meeting.
• I have had the same team leader two years in a row. Though he is great, I would love to have others as leaders as well.

Other
• Paid massages
• I think PE and the future mimics my gym (LifeTime Fitness). We should be grooming ourselves for that type of system and leave the present way of doing things IN schools (at least the larger schools).
• Improvement on the sound-- there were times when it was hard to hear presenters as well as the music
• Provide medical clinic for injuries
• Offer water bottle instead of bag/padfolio (10)
• Create and instagram for the conference #HPAILOVE (2)
• Create a Google page/forum for HPAI (2)
• Price of conference is very reasonable ’
• Update point card to more current information (i.e. My Plate instead of servings/day, brushing, flossing, etc.)
• Record dance moves and post online-- we forget what moves are called or what they look like (5)
• No more flash mobs, maybe kickball teams instead
• Only allow a participant to win ONE prize
• I came in FEELING like I wanted to change from a classroom teacher to a physical education teacher, but I am leaving KNOWING that I want to change. The enthusiasm of the participants was amazing. I feel this is a great workshop for ALL teachers.
• Social on campus?
• Would be nice to have an introduction from all county supervisors on the first day opening session
• Have a place where job openings in the state can be posted for those who may be looking for jobs
• Free equipment
• Grant opportunities

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 = 3.8
b. Institute’s registration procedures mean = 3.8
c. Communication regarding the institute mean = 3.6
d. Accommodations - Rooms mean = 3.5
e. Accommodations – Meals mean = 3.6
f. Overall quality of meeting rooms mean = 3.7

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
• Great hands-on learning for teachers to find different techniques that work for them
• Great sessions-- possible to record the sessions and post to the JMU Institute website in the future?
• Loved Maria from TOYs
• It is hard being in the upper drum because you hear the loud music of other groups. (2)
• Awesome dancing!
• Motivational!
• Presenters need to be displayed on screens so we can see (general sessions)
• Randy Bird was very good and very informative!
• Needed more room at some sessions (9)
• Maria Corte, outstanding and beneficial ideas to use. Great personality!
• Science guy--Eric Rhodes-- great information, but tell presenters about our environment. Boring!
• Randy Bird, great information, but move us around more! (6)
• Randy Bird was very knowledgeable. Maybe it would help to split into two groups-- elementary and secondary.
• Randy Bird-- geared toward athletes and not regular students
• I think if conference attendees stick to sessions provided by the full group speakers and presenters, then they will have a great experience. I did go to one boring session, and I was too polite to leave.
• Have the awesome presenters do large group sessions (open the partition). Hopefully, this would eliminate the need for using the upper and lower drum areas.
• Session rooms were cold!
• Mushel general session-- I just wish we had more dancing (4)
• Need more chairs in meeting rooms to accommodate large numbers

Registration
• Runs very smoothly
• On registration form. ask if people like to stay up late, and put all of those attendees on the same floor!
• Require payment for individuals at registration so there is a financial investment. Too many people drop out and prevent others from attending and housing on campus.
• Never heard much since registering...

Housing & Meals
• Gluten free options at meals (2)
• Salad bar was good
• Need separate meal money for those who are not wanting to eat on campus
• The only issue with the rooms was the loudness at night, but there was nothing JMU could do about that (just the manners of people).
• Provide hotel recommendations
• Love the food (2)
• Thanks for letting us use the drop off lanes in front of the dorms this year!
• The food in the cafeteria was tremendous!
• If you stay in a hotel can you pay less, or have the option to NOT get a meal plan?
• Offer alternative dairy options for those of us with intolerances (i.e., almond milk). Need better breakfast selections—greasy bacon and potatoes, and too many un-nutritious carbohydrates (waffles, pancakes, biscuits) every day.
• Need more whole grain foods
• Designate a "hanging out" room in the dorms at night. Possibly the rooms on the first floor between the wings. This way no one's sleep is interrupted. (3)
• Meals were just okay, not like in previous years.

Schedule
• Room 8 has lights that rattle.
• A very well organized conference
• It is great to have everything on campus and close together. Glad this is available every year/summer.

Other
• Awesome! (6)
• This was my first time coming, and I expect to be back for years to come. Great job! JMU was a great host. (3)
• Great across the board!
• Awesome first time! (2)
• Excellent! (3)
• My knees and ankles kill at the end of the Institute! I so wish we could be in an athletic environment on better flooring!!
• Wish the activities were done in gymnasiums (3)
• The carpet is tough on knees, but love that it is at JMU each year!
• Thank you for a great experience!
• Very accommodating
• As a newbie to the profession, it was great to be around a group of people with so much passion for our field.

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

   a. The TOYs on Monday = 3.6
   b. Kendall et. al. "Hula Hooping Extravaganza" on Monday = 3.0
   c. Mushel "Let's Move!" on Monday = 3.6
   d. Candy "Suggestions for Beginning Teachers" on Tuesday = 3.7
   e. Candy et. al. "Negotiate, cooperate, participate" = 3.8
   f. Randy Bird "Game Breaking Nutrition" = 3.3

6. Your current position (please be specific).
The participants who responded to this question identified their current positions.
Elementary Physical Educator = 92
Middle School Physical Educator = 69
High School Physical Educator = 50
Health Educator = 37
Driver’s Education Instructor = 26
Coach = 43
Administrator/Supervisor = 11
Other: = 25
- Adapted Physical Education (10)
- Student (3)
- Classroom Teacher (3)
- No job (3)
- Middle School Special Education
- Alternative School Special Needs (age 3-16)
- College Educator
- Dean
- Former PE
- Athletic Trainer

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 presentert.

Data compiled by Samantha W. Kullander
Submitted by Jacqueline Williams, 9/14