



Windward District Workshop

Health and PE Training



Evaluation Report

2011-2012 SY

Submitted in August 2012
by the Healthy Hawaii Initiative Evaluation Team



DISTRICT WORKSHOP SUMMARY

Course Objectives

Windward District held a faculty in-service training at Kahuku High School on January 19, 2012. The topic of the in-service was “Health and Physical Education Curriculum and Instruction Training.” This workshop was taught by Curt Okimoto, Windward District Health and Physical Education Resource Teacher. The desired outcomes of the workshop were to develop:

1. A deeper understanding of standards based alignment and assessment.
2. A cohesive departmental curriculum map according to ACCN course descriptions.
3. A deeper understanding of utilizing the Fitnessgram Assessment Program.
4. A deeper understanding of implementing a true standards based grading policy.
5. A deeper understanding of using “The Nurturing Game” in Health Education in promoting positive social interaction and guidance.

Participant Background

All results are based on valid percentages, or the total number of participants who responded to each question. Participant background information was obtained from sign-in sheets that were collected at the workshop. Five (5) participants attended the training.

All participants taught at Kahuku High and Intermediate School. Table 1 illustrates that almost all of the participants were physical education (PE) teachers.

Table 1: What content area(s) do you teach/work in? (n=5)

Content Area	n	%
Physical Education Teacher	4	80.0
Other Classroom Teacher	1	20.0
TOTAL responses	5	100.0

Table 2 shows that most of the workshop participants have been teaching Health Education (HE) and/or Physical Education (PE) for 10+ years (n=3, 60.0%).

Table 2: How long have you taught Health and/or Physical Education? (n=5)

Number of Years	n	%
1-5 years	1	20.0
6-10 years	1	20.0
10+ years	3	60.0
TOTAL responses	5	100.0

POST WORKSHOP EVALUATION

Competency in Health and Physical Education Standards

Participants were asked to rate their level of proficiency in seven areas of the Health Education and Physical Education Standards using the 4-point evaluation scale below. Respondents could indicate if they were (1) *Unaware*, (2) *Aware*, (3) *Knowledgeable*, or (4) *Proficient* in various areas of the HE and PE Standards.

Evaluation Scale

- 1= Unaware** (Unable to identify the concepts or skills)
2= Aware (Able to identify the concept or skills but have a relatively limited ability to perform the skill)
3= Knowledgeable (Able to identify use/apply and describe the skill)
4= Proficient (Able to teach the skill to others)

All 5 participants completed the workshop evaluation for a response rate of 100%. Respondents rated their competency level in seven areas of the HE and PE Standards after the workshop. Most participants self-reported that they were *Knowledgeable* regarding the HE and PE Standards (average scores were from 2.8 to 3.2 out of 4) (Table 3).

Table 3. Please rate your level of competency in the following areas (n=5)

Areas of HE Standards	1 =Unaware n (%)	2 = Aware n (%)	3 =Knowledgeable n (%)	4=Proficient n (%)	Average score
Standards Based Toolkit	-	-	4 (80.0)	1 (20.0)	3.2
Standards Based Lessons	-	-	4 (80.0)	1 (20.0)	3.2
Standards Based Assessment	-	1 (20.0)	3 (60.0)	1 (20.0)	3.0
Standards Record Keeping	-	1 (20.0)	3 (60.0)	1 (20.0)	3.0
Standards Based Grading	-	1 (20.0)	3 (60.0)	1 (20.0)	3.0
Technology for Standards Based Instruction	-	2 (40.0)	2 (40.0)	1 (20.0)	2.8
Developmentally Appropriate Strategies/Activities	-	-	4 (80.0)	1 (20.0)	3.2

Overall Workshop Evaluation

The overall evaluation of the *Kahuku High School Health and Physical Education District Workshop Training* was very positive. Participants were asked to rate their level of agreement on the overall effectiveness of the workshop on a 5-point scale from 1 (*very poor*) to 5 (*excellent*). The majority of participants rated the overall content, organization, and quality of the training as *Good* or *Excellent* (Table 4).

Respondents were also asked if they agreed with specific statements regarding workshop presentations, objectives, and content. Almost all of the participants *Agreed* or *Strongly Agreed* with these items (Table 5). Tables 4 and 5 provide the mean (average) and standard deviation (SD) for each item.

Table 4: Overall workshop comments (n=5)
(5 = Excellent; 1 = Very Poor)

	Mean	SD
Knowledge of Health Education Standards	4.2	0.45
Overall content of the presentation	4.4	0.55
Overall organization	4.4	0.55
Overall quality	4.4	0.55

Table 5: General workshop evaluation (n=5)
(5 = Strongly Agree; 1 = Strongly Disagree)

	Mean	SD
Content/information presented will be utilized to support standards-based instruction	4.6	0.55
Material/curriculum distributed in the workshop will be helpful/relevant to implementation of standards-based instruction	4.4	0.55
Stated objectives of the workshop have been accomplished	4.6	0.55
Presenters were well informed	4.8	0.45
Intend to share this information with others that did not attend	4.6	0.55

Lessons Learned

Participants were asked to describe the most important lesson that they learned from the workshop. Table 6 lists all of the responses. Several participants stated that the most important lesson learned related specifically to the implementation of “Fitness Gram.”

Table 6: What is the most important thing you learned today and how will you apply it in your classroom? (n=6)

Application (4)
<ul style="list-style-type: none">• How to implement Fitness Gram (3)• How to test Fitness Gram using new technology
Material and/or Curriculum (2)
<ul style="list-style-type: none">• How to align Fitness Gram curriculum within the department (2)

Future Topic Suggestions

Respondents were asked to name three topics that they would like to learn more about during future training sessions. Table 7 presents all of the recommended topics. The most frequently requested topic area was “Technology” in physical education.

Table 7: What future topics are you interested in learning more about? (n=6)

Technology (3)
<ul style="list-style-type: none">• New technology in PE (3)
Curriculum (2)
<ul style="list-style-type: none">• Aligning curriculum to avoid overlap• Teaching dance in PE
Others (1)
<ul style="list-style-type: none">• Acquiring grant money

CONCLUSION

Overall, the *Kahuku High School Health and Physical Education District Workshop Training* was well received. The majority of participants *Strongly Agreed* that the workshop presenters were well informed, the objectives of the workshop had been accomplished, the material/curriculum distributed in the workshop will be helpful/relevant to implementing standards-based instruction, and the content/information presented will be utilized to support standards-based instruction. The majority of the participants rated the overall content, organization, and quality of the training as *Good* or *Excellent* (average score = 4.60 out of 5.00). In addition, all of the participants *Agreed* or *Strongly Agreed* that they would share the workshop information with others that did not attend.

When rating their competency of the Health Education Standards, the results were positive. Respondents rated their competency level in seven areas of the HE and PE Standards after the workshop. Most participants self-reported that they were *Knowledgeable* regarding the HE and PE Standards (average scores were from 2.8 to 3.2 out of 4.0).

Recommended topics for future workshops include new technology in PE, alignment of curriculum, and acquiring grant money.