



Central District Workshop

Secondary Health and PE



Evaluation Report

2011-2012 SY

Submitted in August 2012
by the Healthy Hawaii Initiative Evaluation Team

DISTRICT WORKSHOP SUMMARY

Instructors and Course Objectives

Central District held a *Secondary Health and Physical Education Workshop* at Radford High School on October 14, 2011. The workshop was led by Central District Health and Physical Education Resource Teacher, Yvette Ikari. Assisting Resource Teachers were Lisa Hockenberger, Denise Darval-Chang, and Julianne Nakano. The desired outcomes of the workshop were to:

- 1) Provide standards-based lessons in health education
- 2) Provide standards-based lessons in physical education

Participant Background

All results are based on valid percentages, or the total number of workshop participants who responded to each question. Participant background information was obtained from sign-in sheets that were collected at the workshop. Fifteen (15) participants attended the training. All participants (n=15, 100.0%) worked at a public school. Table 1 illustrates that the majority of respondents worked at the high school level (n=14, 93.3%).

Table 1. What age level do you teach/work with? (n=15)

Age Level	n	%
High	14	93.3
Middle	1	6.7
TOTAL Responses	15	100.0

The largest group of workshop participants were physical education (PE) teachers (n=6, 40.0%) followed by classroom teachers (n=5, 33.3%) (Table 2).

Table 2. What content area(s) do you teach/work in? (n=15)

Content Area	n	%
Physical Education Teacher	12	80.0
Health and Physical Education Teacher	2	13.3
Health Teacher	1	6.7
TOTAL Responses	15	100.0

The majority of participants worked in Central District (n=12), however, several participants also taught in Leeward and Honolulu District (n=3) (Table 3).

Table 3. What district and complex do you teach in? (n=15)

Central (12)	Leeward (2)	Honolulu (1)
Radford (5)	Pearl City (2)	Kaimuki (1)
Aiea (3)	Campbell (0)	Farrington (0)
Leilehua (3)	Kapolei (0)	Kaiser (0)
Moanalua (1)	Nanakuli (0)	Kalani (0)
Mililani (0)	Waianae (0)	McKinley (0)
Waialua (0)	Waipahu (0)	Roosevelt (0)

Participants also indicated how long they have been teaching Health and/or Physical Education. The majority of participants have been teaching for six years or more (n=10, 71.4%) (Table 4).

Table 4. How many years have you taught Physical Education? (n=14)

Number of Years	n	%
1 st Year	2	14.3
1-5 Years	2	14.3
6-10 years	5	35.7
10+ Years	5	35.7
TOTAL Responses	14	100.0

POST WORKSHOP EVALUATION

Competency in Health and Physical Education Standards

At the conclusion of the workshop, respondents were asked to complete a post workshop evaluation to rate their level of competency in seven areas of the Health and Physical Education Standards using the 4-point evaluation scale below. Participants were asked if they were 1) *Unaware*, (2) *Aware*, (3) *Knowledgeable*, or (4) *Proficient* in each professional development area.

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)

Of the 15 participants, 14 completed the workshop evaluation for a response rate of 93.3%. When indicating their level of proficiency in Health Education Standards, the highest rated competency area was “Standards Based Lessons” (average score=2.71). Participants’ lowest rated competency area was “Standards Based Record Keeping” (average score=2.21). Most scores averaged between *Aware* and *Knowledgeable* (Table 5).

Table 5. Please rate your level of competency in the following Health Education standards (n=14)

Competency Area (Average score)	Unaware (1) n (%)	Aware (2) n (%)	Knowledgeable (3) n (%)	Proficient (4) n (%)	Average Score
Standards Based Toolkit	-	8 (57.1)	5 (35.7)	1 (7.1)	2.50
Standards Based Lessons	-	6 (42.9)	6 (42.9)	2 (14.3)	2.71
Standards Based Assessment	-	7 (50.0)	5 (35.7)	2 (14.3)	2.64
Standards Based Record Keeping	1 (7.1)	9 (64.3)	4 (28.6)	-	2.21
Standards Based Grading (n=13)	-	7 (53.8)	5 (38.5)	1 (7.7)	2.54
Technology for Standards Based Instruction (n=13)	-	7 (53.8)	5 (38.5)	1 (7.7)	2.54
Developmentally Appropriate Strategies/Activities	-	7 (50.0)	5 (35.7)	2 (14.3)	2.64

When indicating their level of proficiency in Physical Education (PE) Standards, the highest rated area was “Standards Based Lessons” (average score=3.14). The lowest rated area was “Standards Based Record Keeping” (average score=2.64). Most PE competency scores averaged between *Aware* and *Knowledgeable* (Table 6).

Table 6. Please rate your level of competency in the following Physical Education Standards (n=14)

Competency Area (Average score)	Unaware (1) n (%)	Aware (2) n (%)	Knowledgeable (3) n (%)	Proficient (4) n (%)	Average Score
Standards Based Toolkit (n=13)	-	3 (23.1)	9 (69.2)	1 (7.7)	2.85
Standards Based Lessons	-	2 (14.3)	8 (57.1)	4 (28.6)	3.14
Standards Based Assessment	-	3 (21.4)	7 (50.0)	4 (28.6)	3.07
Standards Based Record Keeping	1 (7.1)	3 (21.4)	10 (71.4)	-	2.64
Standards Based Grading	-	3 (21.4)	9 (64.3)	2 (14.3)	2.93
Technology for Standards Based Instruction	-	3 (21.4)	9 (64.3)	2 (14.3)	2.93
Developmentally Appropriate Strategies/Activities	-	3 (21.4)	8 (57.1)	3 (21.4)	3.00

Overall Workshop Evaluation

The overall evaluation of the Secondary Health and Physical Education Workshop was very positive. On a 5-point scale, most respondents rated the overall content, organization, and quality of the training as *Good* or *Excellent* as shown in Table 7. Respondents were also asked if they agreed with specific items regarding workshop presentations, objectives, and content. Table 8 shows that most participants *Agreed* or *Strongly Agreed* with these items. Tables 7 and 8 provide the mean (average) and standard deviation (SD) for each item.

Table 7. General overall workshop comments (n=14)
5 = Excellent; 1 = Very Poor

	Mean	SD
Knowledge of Physical Education Standards	4.29	0.825
Overall content of the presentation	4.71	0.469
Overall organization	4.79	0.426
Overall quality	4.79	0.426

Table 8. Specific overall workshop comments (n=14)
(5 = Strongly Agree; 1 = Strongly Disagree)

	Mean	SD
Content/information presented will be utilized to support standards-based instruction	4.71	0.469
Material/curriculum distributed in the workshop will be helpful/relevant to implementation of standards-based instruction	4.71	0.469
Stated objectives of the workshop have been accomplished	4.79	0.426
Presenters were well informed	4.79	0.426
Intend to share this information with others that did not attend	4.71	0.469

Lessons Learned

Respondents were asked the open-ended question “What is the most important thing you learned today and how will you apply it in your classroom?” Table 9 summarizes responses according to four themes. Most participants discussed learning about new types of physical activity to implement in their curriculum (i.e. socci, crossfit).

Table 9. What is the most important thing you learned today and how will you apply it in your classroom? (n=21)

Physical Activity (10)
<ul style="list-style-type: none">• Socci/socci balls (5)• I learned a new game to get kids heart rate up – socci• Socci. I will try it and let my students play it or reuse the game for my class.• Crossfit• Using components of crossfit• Scavenger hunt activity
Technology (4)
<ul style="list-style-type: none">• Looking to get H.R. monitor data• The Tanita scale handout• Heart rate monitor• New activities to incorporate into my classes which still focus on ability to increase heart rate and reinforce concepts (FITT principle, skill related fitness components)
Other (4)
<ul style="list-style-type: none">• Accountability• It’s hard for Health teacher to keep up with the younger PE teachers• Thanks, great day!• Incorporating modified mentoring with my class
Bullying (3)
<ul style="list-style-type: none">• Cyberbullying/sexting/internal awareness• Cyberbullying• Discussing the repercussions of cyberbullying with all classes

Future Topic Suggestions

Respondents were asked to name three topics that they would like to learn more about during future training sessions. As shown in Table 10, most participants were interested in learning more about new types of physical activities and games.

Table 10. What future topics are you interested in learning more about? (n=17)

Activities and Games (8)
<ul style="list-style-type: none">• Modified games (2)• Non-traditional games• Incorporating/learning new nontraditional activities into my classes• More hands on activities• New activities• Doing crossfit• Core training
Standards (3)
<ul style="list-style-type: none">• Standards based grading, assessments, technology, etc.• Common core standards alignment and integration• Standards grading in PE for report cards
Other (3)
<ul style="list-style-type: none">• Everything• Yearly statistics• Good workshop and updates on surveys
Technology (2)
<ul style="list-style-type: none">• Technology in PE• More technology
Health (1)
<ul style="list-style-type: none">• Health topics

CONCLUSION

Overall, the Secondary Health and Physical Education Workshop was well received. On a 5-point scale, all respondents rated the overall content, organization, and quality of the training as *Good and Excellent*. Most of the respondents *Agreed* or *Strongly Agreed* that the workshop objectives were accomplished, the materials were useful, and the presenters were well informed.

The majority of the participants' responses in regards to competency in Health Education and PE Standards ranged from *Aware* to *Knowledgeable*. Respondents also *Agreed* or *Strongly Agreed* that they intend to share the information provided to them with others.

Recommended topics for future workshops include modified games, non-traditional activities, and standards-based grading.