

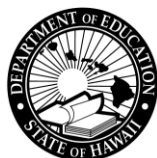
State Health and Physical Education Conference



May 2, 2015



Let's Move with A.L.O.H.A.



Evaluation Report



Submitted in September 2015 by the Healthy Hawaii Initiative Evaluation Team

INTRODUCTION:

On May 2, 2015, the Hawaii Association for Health, Physical Education, Recreation and Dance (HAHPERD) partnered with the Healthy Hawaii Initiative (HHI) team of health and physical education (PE) resource teachers to host the annual Health and Physical Education State Conference at the University of Hawaii Manoa. The theme of the conference was “*Let’s Move With A.L.O.H.A.*”. The conference goals were to provide:

1. A dynamic learning environment for professional development through collegiality among attendees.
2. Opportunities to share and learn current developmentally appropriate best practices in health, physical education, recreation, and dance.

The conference included a keynote presentation, breakout sessions, exhibitions, giveaways, and a brief business meeting. The breakout sessions included a variety of health and physical education topics and provided participants with in-depth knowledge, skills, and hands-on interaction. Presenters consisted of public and private school teachers, HHI health and physical education resource teachers, community experts, and faculty members at the University of Hawaii.

This year’s keynote speaker was Jamie Sparks, School Health and Physical Educator (SHAPE) Director for the Kentucky Department of Education. Jamie is also a champion of the *Let’s Move! Active Schools* campaign, which is part of the First Lady’s *Let’s Move* initiative. *Let’s Move! Active Schools* is a national initiative that aims to incorporate 60 minutes of daily physical activity into schools. The program provides teachers and school leaders with evidence-based programs and resources to support schools in developing an environment where physical activity and PE are instrumental in contributing to academic success.

EVALUATION RESULTS:

The HHI Evaluation Team was responsible for developing the surveys which were distributed at the end of the conference. Of the 109 participants who attended the conference, 29 participants completed the evaluation for a response rate of 26.6%. The numbers and percentages generated for this report are based on the total number of conference participants who responded to each question. Due to a low response rate, the results should be interpreted with caution.

The survey consisted of six sections: participant background, conference logistics, breakout sessions, future conferences, conference effectiveness, and additional comments. This report will summarize the evaluation results in hopes that HAHPERD can use the data to plan future professional development events for HAHPERD members and educators in Hawaii.

Participant Background

Conference participants were asked to select the position that best describes their current job. They could select multiple positions if applicable. The majority of respondents identified themselves as *health and/or physical education teachers* (Table 1; n=21), followed by *classroom/general education teachers* (n=9). Most of the respondents also worked with *Elementary* school students (Table 2; n=21), although conference attendees worked with populations that ranged from *Preschool* to the *University* level.

Table 1. Position/Employment (n=37) (Select all that apply)

Position	n
Health and/or PE teacher	21
Classroom/general education teacher	9
Athletic coach	2
Resource teacher	2
Recreational leader	1
Retired PE/sub	1
Other	1
TOTAL	37

Table 2. Population that participants work with (n=41) (Select all that apply)

Population	n
Elementary	21
High	8
Middle	7
Preschool	4
University	1
TOTAL	41

Conference Logistics

Participants were asked to indicate how they heard about the conference and why they chose to attend the event. Participants could select multiple responses if applicable. Most respondents received a *HAHPERD email invitation* (n=11) or *previously attended* the conference (Table 3; n=10). The top three reasons for attending the conference were: *Professional development* (n=26), *program content* (n=11), and *networking opportunities* (Table 4; n=7).

Table 3. How did you hear about the conference? (n=47) (Select all that apply)

Method of Notification	n
HAHPERD email	11
Previously attended	10
By a colleague	9
HAHPERD website	7
Professional development	4
From supervisor/principal	2
Professor/instructor	2
Course	1
Word of mouth	1
TOTAL	47

Table 4. Top factors for attending conference (n=55) (Select the top two factors)

Reason for Attendance	n
Professional development	26
Program content	11
Networking opportunities	7
Exhibit resources	3
Supervisor recommendation	3
Keynote speaker	2
Convenient location	1
Share information as presenter	1
Volunteer opportunity	1
TOTAL	55

Participants were asked to list the number of HAHPERD conferences they had previously attended. The majority of respondents reported that they had attended at least one HAHPERD conference prior to May 2015 (Table 5; n=22, 75.9%).

Participants were also asked about their preference for scheduling future conferences. Many respondents did not have a preference for holding the conference in the Fall or Spring (Figure 1; n=13, 44.8%). However, 34.5% of participants indicated they would prefer to attend the conference in the spring semester (n=10) and 20.7% would rather attend in the fall semester (n=6). Nearly half of the respondents stated that they would attend the conference on a school day (Figure 2; n=13, 48.1%) compared to a weekend (n=7, 25.9%), while others indicated no preference at all (n=7, 25.9%).

Table 5. Number of past conferences attended (n=29)

# of Conferences	n	%
0 conferences	7	24.1
1 conference	6	20.7
2 conferences	5	17.2
3 conferences	2	6.9
4 conferences	2	6.9
5 conferences	7	24.1
TOTAL	29	100.0

Figure 1. Time of year preferred by participants (n=29)

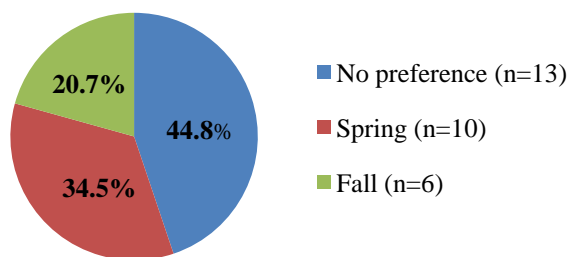
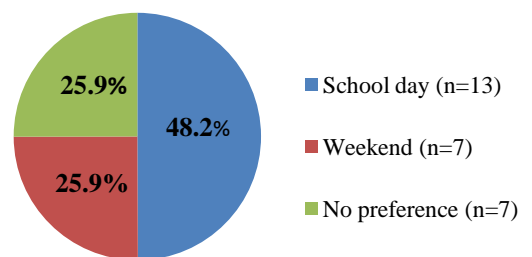


Figure 2. Day of week preferred by participants (n=27)



Exhibitors and Keynote Presentation

More than three-quarters of the respondents rated the quality of the exhibitors and vendors as *Good* or *Excellent* (Table 6, n=22, 78.4%). Keynote speaker, Jamie Sparks, also received high remarks, with 92.8% of the respondents rating the quality of his presentation as *Excellent* or *Good* (Table 7).

Table 6. Quality of Exhibitors and Vendors (n=27)

	n	%
Excellent	10	37.0
Good	12	44.4
Fair	5	18.5
Poor	-	-
TOTAL	27	100.0

Table 7. Quality of Keynote Presentation (n=28)

	n	%
Excellent	17	60.7
Good	9	32.1
Fair	2	7.1
Poor	-	-
TOTAL	28	100.0

Breakout Sessions

There were four breakout sessions that attendees could participate in throughout the day. During these breakout sessions, participants could choose from 19 presentations in total. The majority of these presentations focused on *Physical Education* topics (Table 8; n=14).

Participants were asked to evaluate the breakout sessions by indicating their level of agreement with four statements: (a) *The presenter was well informed about the topic;* (b) *The session improved my understanding of the topic;* (c) *I plan to apply the information I learned right away, and;* (d) *Overall, this session met or exceeded my expectations.*

Tables 9 to 12 provide a list of all the presentations during each of the four breakout sessions. Due to a low response rate, the individual evaluation results for each breakout session will not be presented in this report. A low response rate means that the limited data may not be representative of the larger group of conference attendees.

Table 8. Conference Presentations (n=19)

Sessions by Content Area	n
Physical Education	14
Health Education	3
Health & Physical Education	1
Technology	1

Table 9: Breakout Session 1

Breakout Session 1
<ul style="list-style-type: none">- Introduction to Elementary Golf K-5- Team Building Activities 4 PE! #soeasysofun- Lifetime Fitness Yoga and Cardio Slider Workout- 8 Paradigm Shifts in K-12 School Health Education- The New Era of Smoking

Table 10: Breakout Session 2

Breakout Session 2
<ul style="list-style-type: none">- Mixed Plate Basketball- Teaching Movement Concepts to Elementary Students- The Bar Method- Total School Wellness (Emphasis on Quality Recess)- Advocacy = Action!

Table 11: Breakout Session 3

Breakout Session 3
<ul style="list-style-type: none">- USTA Schools Tennis in PE- Bringing Objective Assessment to PE with Polar- Sitting is the New Smoking!- Educational Policy in Hawaii Regarding Art/Music/PE- Walk the Talk w/ FREE Health Education Curriculum

Table 12: Breakout Session 4

Breakout Session 4
<ul style="list-style-type: none">- Celebrate in School! Dance for Fitness & Team Building- Rugby Touch/Flag- Research That Teachers Can Use- Increasing Engagement Through Technology

Future Professional Development Topics

Participants were asked to list two topics they would like to learn more about during future training sessions or conferences. As shown in Table 13, the top two themes were *Physical Education* (n=8) and *Dance* (n=5).

Table 13. Future Professional Development Topics (Respondents = 29, Responses = 35)

Physical Education (8)
<ul style="list-style-type: none"> • Elementary PE games (2) • Adopted PE for special needs students • Basic games to enhance locomotor skills K-2 • Mat work activities/gymnastics • More elementary • PE activities that can be modified for K-12 • Traditional games in PE
Dance (5)
<ul style="list-style-type: none"> • Dance (3) • Keep the dance ☺ • Dance fitness & Zumba
Technology (4)
<ul style="list-style-type: none"> • More tech • Google • Technology for PE • Technology assessment
Posture and Stretching (4)
<ul style="list-style-type: none"> • More of the posture presentation (interesting) • PNF stretch • Posture • Stretches
Weight Training (3)
<ul style="list-style-type: none"> • Olympic lift technique (2) • CrossFit exercises
Curriculum (3)
<ul style="list-style-type: none"> • FitnessGram data program • Health project-based curriculum or advocacy project • Performance dependent HOPS (Hawaii optimum performance)
Team Activities (2)
<ul style="list-style-type: none"> • Lacrosse • Volleyball drills
Other (6)
<ul style="list-style-type: none"> • Advocacy • Celebrate • Flipped classroom • Grant writing • Kevin Carroll • Nutritious foods

Additional Comments

When given the opportunity to provide additional feedback about the conference, seven attendees shared comments that were summarized into four overall themes (Table 14).

Table 14. Additional Participant Feedback (Respondents = 7, Responses = 12)

Conference Logistics (4)
<ul style="list-style-type: none"> Exhibitors were poorly visited – location bad – no signs/arrows Maybe we should be on the lanai like last year Organization lacking. No map or signs to locate classes. Instructor for golf didn't show, I hopped into one of the dance classes so it was ok. Sound in Stan Sheriff very poor – and very hard to see screen. Mic needed for general session after lunch
Lunch (3)
<ul style="list-style-type: none"> Have nutritious food Need a reminder about lunch – location, meeting. We had 40 people who did not pick up lunch. Sign up for lunch is needed also – or reject lunch on sign in sheet
Breakout Sessions (3)
<ul style="list-style-type: none"> Dare to dance was awesome! The Bar Method was way too HARD for a conference beginner Visiting presenters seemed to be here for a vacation...not really engaging
Positive Remarks (2)
<ul style="list-style-type: none"> Great job to all ☺ Very good!

Overall Conference Evaluation

Participants were asked to rate their level of agreement on the overall effectiveness of the conference in four different areas (usefulness for career, level of knowledge, expectations, and recommend to a colleague). Each statement was evaluated on a 5-point scale where 1 equals “*Strongly Disagree*” and 5 equals “*Strongly Agree*.” Responses were organized by summarizing the number of individuals that indicated either *Agree* (4) or *Strongly Agree* (5) for each statement. As displayed in Table 15, the majority of respondents indicated that they *Agreed or Strongly Agreed* with the four statements below.

Table 15. General conference satisfaction and overview (n=29)

Conference Feedback	Agree or Strongly Agree	
	n	%
The conference provided me with useful knowledge for my career	21	72.4
The conference was suitable to my level of knowledge & experience	21	72.4
The conference met or exceeded my expectations	20	69.0
I would recommend this conference to a colleague	18	62.1

CONCLUSION:

This report provides a basic summary of the evaluation results for the 2015 Annual Health and Physical Education State Conference. Positive remarks were shared about the quality of the vendors and keynote speaker. Nearly three-quarters of the respondents agreed that the conference was suitable to their knowledge and experience and provided them with useful knowledge for their career.

Due to the low response rate of this survey, additional conclusions and recommendations cannot be made. Next year, the HHI Evaluation Team recommends that the HAHPERD conference organizers distribute an online survey link to participants following the conference to see if this increases the response rate. An improved response rate will allow HAHPERD to utilize the results and feedback in a more meaningful way to meet the needs of the HAHPERD members.

