

HEALTHY BODIES AND STRONG MINDS

Kauai Health and Physical Education District Workshop

January 23, 2015



Evaluation Report

2014-2015 SY

Submitted in February 2015
by the Healthy Hawaii Initiative Evaluation Team

Course Objectives

The *Kauai Healthy Bodies and Strong Minds District Workshop* was held on Friday, January 23, 2015 at Kapaa High School. The workshop was offered to health education and physical education (PE) teachers on Kauai.

The workshop was a collaborative effort led by the Healthy Hawaii Initiative district and state health and PE resource teachers. The instructors included Michelle Jenkins (Kauai District), Patrick Kim (West Hawaii District), Yvette Ikari (Central District), Denise Darval-Chang (Honolulu District), Curt Okimoto (Windward District), Rob Hesla (Leeward District), Michelle Baysa (Maui District), Cathy Kahooahanohano (State Health Education Resource Teacher), Lisa Hockenberger (State Physical Education Resource Teacher) and Jennifer Ryan (Hawaii Department of Health).

The *Healthy Bodies and Strong Minds Workshop* included a General Session and four Breakout Sessions that provided expertise and best practices on the following topics: physical fitness assessment, elementary fitness meets, the PE fair, innovative physical fitness activities, technology integration, staff pedometer challenges, wellness policy, and standards-based health education. Elementary and secondary teachers attended separate sessions to allow the instructors to adequately tailor the content and instruction for workshop participants.

The following workshop goals were aligned with the Hawaii Department of Education's Strategic Plan:

- To strengthen delivery of standards-based health education by increasing knowledge of and familiarity with approved curricula resources and Hawaii Youth Risk Behavior Survey (YRBS) data.
- To develop skills to integrate technology into health education and physical education classes.
- To learn to implement standardized fitness tests and collect data to inform instruction.
- To connect PE instruction with student participation in the PE Fair, Fitness Meets, and the teacher Student Learning Objective (SLO) process.
- To facilitate school compliance with the Wellness Guidelines.

Workshop Participants

Participant background information was obtained from sign-in sheets and registration forms. Of the 16 participants that attended the workshop, 15 participants completed the post-workshop survey for a response rate of 93.8%. The numbers and percentages generated for this report are based on the total number of workshop participants who responded to each question.

Participants from all three complexes attended the workshop (Table 1). Most participants were from the Kauai Complex (n=9).

Table 1: What District and Complex do you teach/work in? (n=16)

Kauai District
Kauai (9)
Kapaa (5)
Waimea (2)

On the evaluation form, participants were asked to list their current position(s). Participants could indicate multiple positions if applicable. As displayed in Table 2, the largest group of participants were *PE teachers* (n=11). Participants were also asked to state how long they had been teaching PE and/or health education (HE) and at what grade level they were currently teaching. Forty percent of participants reported teaching PE and/or HE for *11 years or more* (n=6; Table 3) and most participants were currently teaching at the *elementary level* (n=7, 46.7%; Table 4).

Table 2. Position with current employer (n=16)

	n
PE teacher	11
Classroom teacher	3
Health teacher	2
TOTAL responses	16

Table 3. How long have you taught physical education and/or health education? (n=15)

	n	%
11 years or more	6	40.0
6-10 years	1	6.7
1-5 years	3	20.0
Less than 1 year	2	13.3
Do not teach HE and/or PE	3	20.0
TOTAL responses	15	100.0

Table 4. Grade level (n=15)

	n	%
Elementary	7	46.7
Middle	5	33.3
High	3	20.0
TOTAL responses	15	100.0

BREAKOUT SESSION EVALUATION

Participants were asked to rate their level of agreement on the General Session and the four Breakout Sessions using a 5-point scale, where 1 equals “Strongly Disagree” and 5 equals “Strongly Agree”. Four statements were used to evaluate each session: (a) *The session improved my understanding of the topic*; (b) *I feel confident using this information*; (c) *I plan to apply the information I learned right away*; and (d) *This session will be useful and relevant to my position*. Responses were summarized by totaling the number of individuals that indicated either *Agree* (4) or *Strongly Agree* (5) for each statement. As displayed in Tables 5 to 9, the majority of participants positively rated each session. “Innovative Physical Fitness Activities” received the highest scores overall (Table 6).

Table 5. General Session: Physical Fitness Assessment, Fitness Meet, and PE Fair (n=15)

	Agree or Strongly Agree	
	n	%
a. This session improved my understanding of the topics	14	93.3
b. I feel confident using this information	14	93.3
c. I plan to apply the information I learned right away	13	86.7
d. This session will be useful and relevant to my position	14	93.3

Table 6. Innovative Physical Fitness Activities (n=15)

	Agree or Strongly Agree	
	n	%
a. This session improved my understanding of the topics	15	100.0
b. I feel confident using this information	15	100.0
c. I plan to apply the information I learned right away	15	100.0
d. This session will be useful and relevant to my position	15	100.0

Table 7. Technology Integration (n=14)

	Agree or Strongly Agree	
	n	%
a. This session improved my understanding of the topics	12	85.7
b. I feel confident using this information	10	71.4
c. I plan to apply the information I learned right away	9	64.3
d. This session will be useful and relevant to my position	11	78.6

Table 8. Staff Pedometer Challenge (n=15)

	Agree or Strongly Agree	
	n	%
a. This session improved my understanding of the topics	15	100.0
b. I feel confident using this information	14	93.3
c. I plan to apply the information I learned right away	10	66.7
d. This session will be useful and relevant to my position	12	80.0

Table 9. Standards-Based Health Education (n=15)

	Agree or Strongly Agree	
	n	%
a. This session improved my understanding of the topics	14	93.3
b. I feel confident using this information	13	86.7
c. I plan to apply the information I learned right away	10	66.7
d. This session will be useful and relevant to my position	12	80.0

POST WORKSHOP EVALUATION

Overall Workshop Evaluation

At the conclusion of the workshop, participants were asked to provide feedback on the content and materials presented that day. On a 5-point scale, nearly three-quarters or more of the respondents *Agreed* (4) or *Strongly Agreed* (5) that the workshop improved their understanding of the following six topics: standardized fitness tests, PE instruction, standards-based health education, YRBS data, integrating technology, and encouraging school environments to meet the Wellness Guidelines (Table 10). The number and percent of individuals that *Strongly Agreed* or *Agreed* with each statement have been combined and summarized below in Tables 10 and 11.

Table 10. As a result of this workshop, my understanding and knowledge has increased in:

	Agree or Strongly Agree	
	n	%
a. Implementing standardized fitness tests and collecting data to inform instruction (n=14)	13	92.9
b. Connecting PE instruction with student participation in the PE Fair, Fitness Meets, and teacher SLO process (n=15)	12	80.0
c. Delivery of standards-based health education by increasing my knowledge & familiarity with approved curricula resources (n=15)	13	86.7
d. Delivery of standards-based health education by increasing my knowledge & familiarity with Hawaii YRBS data (n=15)	11	73.3
e. Developing skills to integrate technology into Health Education and Physical Education classes (n=15)	13	86.7
f. Encouraging school environments to meet the Wellness Guidelines (n=15)	14	93.3

All participants (100%) indicated that the workshop helped support the Department of Education's vision, and 86.7% of respondents *Strongly Agreed* or *Agreed* that the workshop was appropriate to their level of knowledge and experience (Table 11). Additionally, 93.3% of respondents reported that they plan to utilize the content and information presented during the workshop to support their standards-based instruction.

Table 11. General workshop evaluation (n=15)

	Agree or Strongly Agree	
	n	%
a. This workshop was suitable to my level of knowledge and experience	13	86.7
b. The content and information presented will be utilized to support my standards-based instruction	14	93.3
c. The workshop helped support Hawaii's DOE vision: " <i>Hawaii's students are educated, healthy, and joyful lifelong learners who contribute positively to our community and global society</i> "	15	100.0

The survey concluded with two open-ended questions. The responses to these questions were categorized by theme to provide a method for organizing the data. Participants were asked to list two specific actions that they intended to apply at their school or in their classroom as a result of the workshop. As shown in Table 12, the action items were divided into five themes, with the two most commonly reported items being *Online Resources* (n=9) and *Physical Education Activities* (n=9).

Table 12. Please list at least two specific actions that you intend to apply to your school or classroom as a result of this workshop (Respondents=14, Responses=28)

Online Resources (9)
<ul style="list-style-type: none"> • Use Healthteacher.com for articles (2) • Classtools.net website – look to utilize with classes • Classtools.net • Healthteacher.com • I intend on using my classtools.net • I intend on using the Healthteacher website for lesson planning • Try to check out “Go Noodle” and a few other websites • Utilize website
Physical Education Activities (9)
<ul style="list-style-type: none"> • Add new innovative PE lessons related to fit components • Bumball • Innovative elementary PE activities – look to use with classes • Fitness skillastics • New games • Physical education activities • Spikeball • Spikeball – my kids would absolutely love this! • The bumball and other ball activity is very cool
Pedometer Challenge (6)
<ul style="list-style-type: none"> • Pedometer challenge (4) • Awareness of movement • Walking with peers to start
Technology (2)
<ul style="list-style-type: none"> • Technology • Tech skills
Wellness Policy (2)
<ul style="list-style-type: none"> • Not let kids miss PE or recess • Take a look and apply the Wellness Policy more at school

Participants were also asked to name two topics that they would like to learn more about during future health and PE workshops. As shown in Table 13, the workshop topics were divided into four themes. Many participants were interested in learning about *Physical Education Activities* (n=7), *Technology* (n=5), and *Common Core Standards* (n=4).

Table 13. Please list 2 professional development topics you are interested in learning more about in future workshops (Respondents=10; Responses=18)

Physical Education Activities (7)
<ul style="list-style-type: none"> • More middle school activities; motivation, engagement • More physical fitness activities • More skills and fitness • New activities/adaptive PE • Physical education activities • Safe and appropriate physical activities for kid – e.g., warm-ups, stretch • Working on the state PE Fair idea
Technology (5)
<ul style="list-style-type: none"> • More technology information (3) • Implementing technology, getting myself more knowledge • Technology in PE
Common Core Standards (4)
<ul style="list-style-type: none"> • Common core in PE • Easy correlations to common core standards in PE • How to implement common core • Integrating health/science curriculum
Fitness Testing (2)
<ul style="list-style-type: none"> • Fitness assessment • Use FitnessGram testing

CONCLUSION

Overall, the majority of workshop participants provided positive feedback about the *Healthy Bodies and Strong Minds Workshop*. After the completion of the workshop, most participants felt that their understanding and delivery of standards-based health and physical education had improved, and they also indicated that they intended to use this workshop information to inform their instruction. Although not everyone planned to apply the workshop information immediately in their classroom, most participants stated that the workshop content will be useful and relevant to their position.

The Innovative Physical Fitness Activities Session received high remarks and was one of the highlights of this District Workshop. For future health and PE training events, the three most frequently requested topics for professional development include: *Physical Education and Activities* (e.g., physical fitness activities and adaptive PE), *Technology* (e.g., technology in PE), and *Common Core Standards* (e.g., common core in PE).

