IMPLEMENTATION GUIDE

Physical Activity and Nutrition for Health

Using a Research-tested Intervention Program (RTIP) to develop
a process model for program delivery in the practice setting

<u>Note:</u> Refer to "Using What Works: Adapting Evidence-based Programs to Fit Your Needs". Review the appropriate Modules and the handouts provided in each, in order to modify and evaluate this program to meet the needs of your organization and audience.

"Using What Works" is available online at:
http://cancercontrol.cancer.gov/use_what_works/start.htm.

I. Program Administration (Type of Staffing and Functions Needed)

Staff Name

- Program Coordinator at school site level who organizes the classroom teachers to deliver program
- Elementary school classroom teachers who administer program
- Principal who provides support for school based activities and can advocate for program with parents

II. Program Delivery

For additional information on modifying program materials, refer to the appropriate Module(s) for program adaptation from "Using What Works".

A. Program Materials *(All listed materials can be viewed and/or downloaded from the Products Page)***:**

- **Health-related fitness grades: 3-4**
- **Physical Activity Scorecard**

B. Program Implementation:

The steps used to implement this program are as follows:
Step 1: Contact school administration and school board to gain permission to offer program. Clearly state the health benefits of the program and how the program aligns with state and national physical education and health standards

Step 2: Contact teachers to determine their interest in offering the program

Step 3: Provide in-service education for teachers on how to deliver the program including how to teach lessons and implement the physical fitness testing program

    A. Ensure that basic principles of teaching physical education to promote physical fitness are clearly explained. This includes factors such as: keeping children moving by eliminating lines, using small sided games (e.g. 2v2) rather than regulation team sized games, using a piece of equipment for each child (e.g., a ball per child), and ensuring physical activities are vigorous.

    B. Use the knowledge tests with teachers to ensure that their personal level of understanding is consistent with the content of the curriculum.

    C. Provide some demonstration lessons and model how the lessons are to be taught.

    D. Clearly explain the specific administration protocol for each physical fitness test item and teachers in pairs can explain the protocol to each other.

    E. Encourage a hands-on approach to teaching nutrition and prepare teachers to use foods in their lessons.

Step 4: Establish desired length of the intervention period. Suggest a time period of 20weeks

Step 5: Conduct physical fitness testing

Step 6: Orient parents to program with a meeting at back to school night. Explain the home component (scorecard) and inform parents of content of school program. Explain how points are earned based on number of minutes per week engaged in physical activity.

Step 7: Conduct program and keep track of parent and child points on scorecards. Ensure scorecards are turned in on Monday morning

Step 8: Provide some reward for turning in scorecard appropriate to grade level. Research study gave T-shirts and stickers. Suggest asking local sporting goods store or physical fitness club to assist with rewards. Rewards can be presented through a drawing. All children turning in a scorecard are eligible in the drawing

Step 9: Add up points for each family and report back to each family the amount of points earned. Additional drawing for prizes can be done at conclusion of program. A grand prize(s) can be given to highest point earners or all of those over a minimum threshold of points are eligible for a prize drawing

III. Program Evaluation

For additional information on planning and adapting an evaluation, review the appropriate Modules for program implementation and evaluation from "Using What Works".
http://cancercontrol.cancer.gov/use_what_works/start.htm

For further assistance in designing and conducting an evaluation, consider communicating with members from NCI's Research to Reality (R2R) community of practice who may be able to help you with your research efforts. Following is a link to start an online discussion with the R2R community of practice, after completing registration on the R2R site: https://researchtoreality.cancer.gov/discussions.