

FUN-damentals of Exercise at the Central Community House

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Needs Assessment Summary

- Needs for the youth at Central Community House:
 - Increase awareness of the value of an active lifestyle
 - Enhance knowledge of various forms of exercise
 - Improve health literacy (in relation to both diet & exercise)

Program Development/Planning

- Goals:**
 1. Increase participants' daily physical activity
 2. Improve participants' understanding of the importance of an active lifestyle
- Target population:** Underrepresented youth age 5-13 in area codes 43205, 43206, 43207 of Columbus, Ohio
- Central Community House** collaborated with us to enhance existing youth programs. We added a weekly fitness education program, incorporating lessons on the physiologic benefits of exercise as well as the unique roles of aerobic, strength, and flexibility training
- Lesson plans** for each week included a brief discussion of physical activity, a game/activity to reinforce concepts, and a debrief session to reiterate concepts from current and previous lessons.



A member of our team encourages a participant to complete the obstacle course on the last day of the program.

- Topics for discussion** included aerobic exercise, strength training, yoga, healthy eating, and a final Olympics-style relay event.
- Anticipated impact was to implement a fun and informative longitudinal exercise program, and thereby engage youth in living more active lives and developing healthy fitness habits

Program Implementation

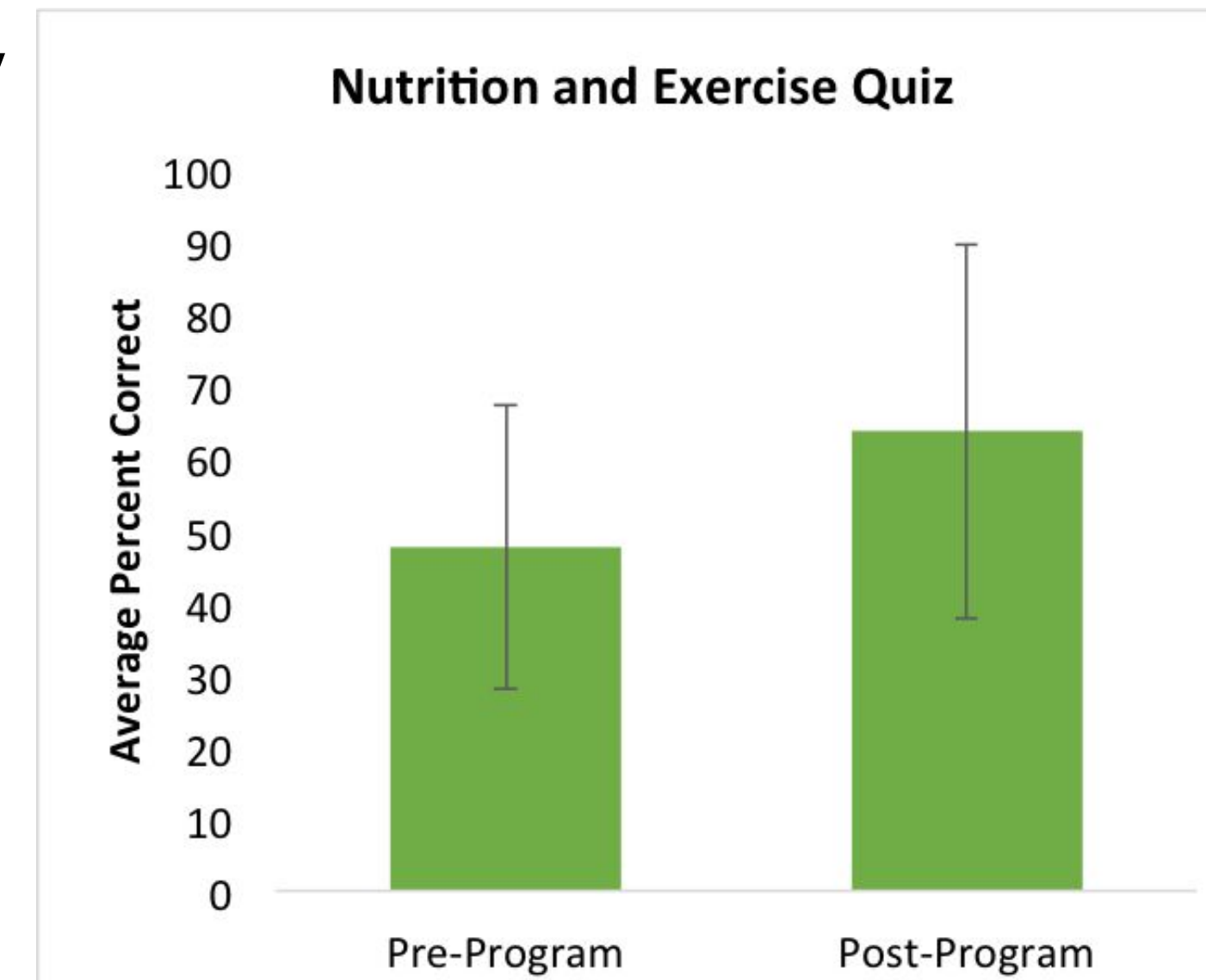
- We attended the summer camp weekly to hold physical education sessions for 9-10 year olds.
- Each week, we planned several games and activities to engage campers in physical activity.
- We integrated lessons on exercise and healthy eating throughout each session to reinforce the importance of a healthy lifestyle and make campers aware of national recommendations.
- Campers were encouraged to try new forms of exercise and recognize opportunities for physical activity and healthy choices in their daily lives.
- Although it was challenging to keep all campers engaged, we increased participation by planning many short, varied activities and implementing the campers' and counselors' ideas.
- Campers' learning and activity levels were assessed through a questionnaire given during the first and last sessions.



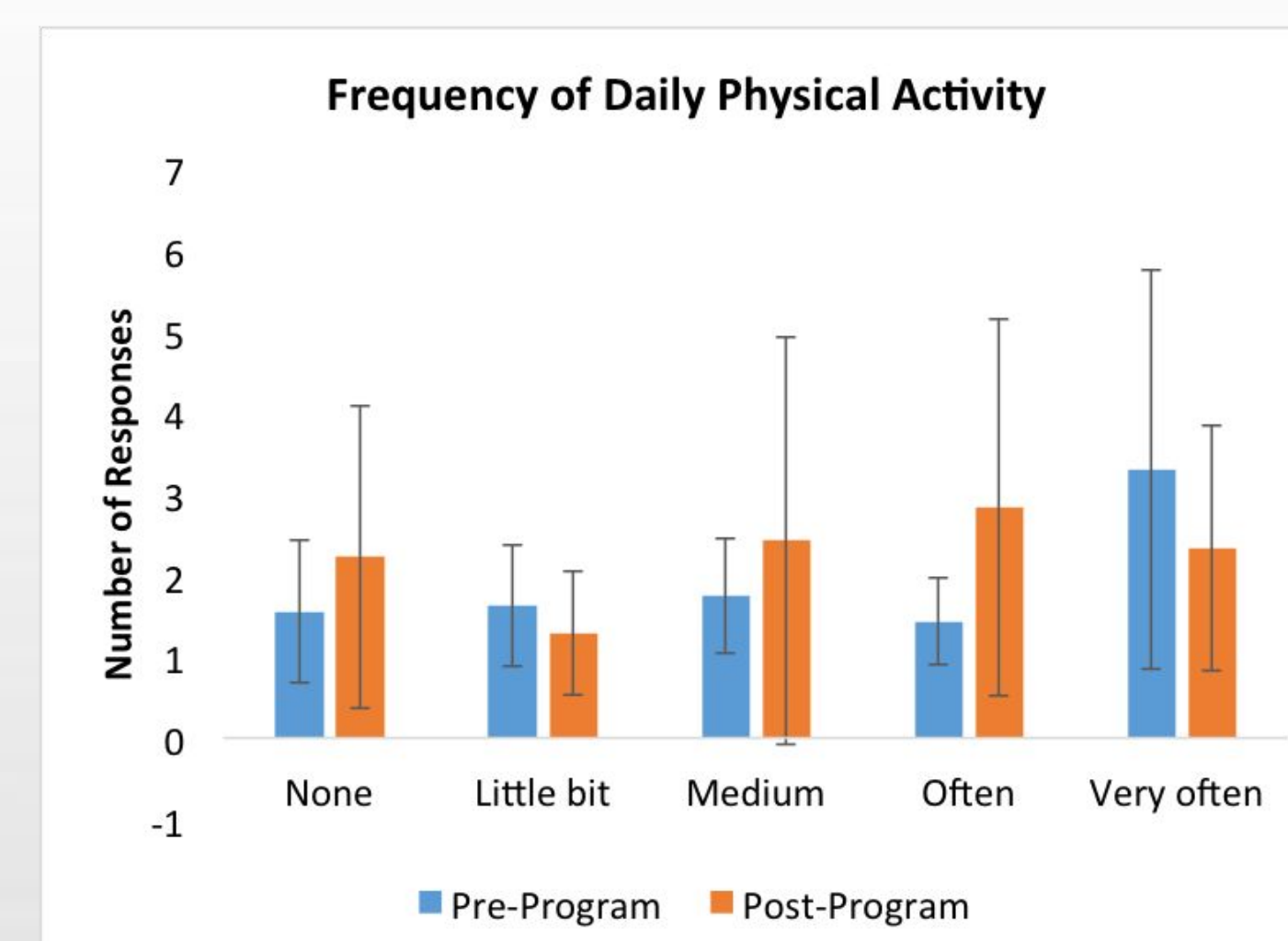
Above: Members of our team lead children at Central Community House in yoga to demonstrate the value of "stretching" exercises.
Left: Participants drew on paper plates to indicate how much of their plate should be filled up with vegetables, fruits, grains and protein. They then filled their plates as marked with the snacks seen in this picture.

Program Evaluation

- Goal: Increase health literacy of exercise and nutrition**
 - Measurement: Nutrition and Exercise Quiz administered before and after the program which tested key facts about exercise and what constitutes a healthy diet.
- Goal: Increase daily activity levels**
 - Measurement: Modified Physical Activity Questionnaire (PAQ-C Elementary School) created and validated by Kowalski et. al.
- Neither evaluation showed statistical significance.



Average percentage of correct responses improved from 48% to 64% (n=11)



The program showed an increase in kids saying they had "none", "medium", and "often" daily physical activity, and a decrease in "little bit" and "very often" (n=11)



Future Directions

- Although our project has finished due to the fact that the summer camp session has ended, we believe that we could improve or expand our project by:
 - Involving all age groups at camp (including teenagers to improve longitudinal instruction)
 - Working with a larger group of participants
 - Expanding the program to sessions during the school year
 - Develop learning materials for participants to complete outside of class time
 - More regular assessments of participants' retention of material
 - Providing multiple options for children who want to do different activities (i.e. yoga vs. football)
 - Increased involvement/input of staff members