

Student Focus Group

Moderator Guide

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STUDENT FOCUS GROUP MODERATOR'S GUIDE—PYFP EVALUATION

I. INTRODUCTION & CONSENTING

Thank you for agreeing to speak with us today. Your parents were provided information about our evaluation of the Presidential Youth Fitness Program (PYFP) and this focus group, and agreed to having you participate. We would like to explain to you, though, what this is about and your rights as a participant in this focus group.

As the consent form in front of you states, ICF International is conducting an evaluation of the Presidential Youth Fitness Program. The goal of this focus group is to gain your perspectives, experiences, and insights as students who are taking PE classes where the Presidential Youth Fitness Program is being used. This focus group should not take more than 60 minutes, and any of you can refuse to answer a question or end your participation in the focus group at any time. We will maintain confidentiality throughout the entire project and your names will not be associated with anything you say in any of the reports or documents resulting from this evaluation. We will also be recording this focus group so that we can listen to it and make sure we understand what you said. Do you each agree to participate in this focus group?

[If yes] Great, do you have any questions before we begin?

[If no] If you do not wish to participate in this focus group, you are allowed to leave and return to your class, without any penalty.

Please remember to keep anything you hear during this focus group to yourself. Do not talk with friends or other students about who was in this meeting or what was discussed. All comments should stay part of this group discussion and are not be shared with others.

II. FOCUS GROUP QUESTIONS

Introductions

1. To begin, let's go around the table and provide brief introductions of your first name, and your age.

Presidential Youth Fitness Program

Let's start by talking about the Presidential Youth Fitness Program and your Physical Education (PE) classes.

2. Are you familiar with the Presidential Youth Fitness Program?
 - a. **[If yes]** What do you know about it?
 - b. **[If no, read the following brief description:** *The Presidential Youth Fitness Program provides your PE teachers with training and resources to help them teach their students about fitness and assess the fitness levels of their students. The program also includes a system your PE teachers can use to recognize you when you achieve fitness goals.*] Does this sound familiar? What have you heard?

Fitness/Fitness Assessment

Now we are going to talk about fitness and fitness assessment.

3. In your physical education classes, what are you learning about physical fitness? (importance, how to measure it, setting goals, monitoring heart rate)
4. What do you know about FitnessGram®? (*new*)
5. Have you had your fitness assessed in physical education class (pacer, push-up, curl-up, sit and reach, trunk lift, body mass index)?
 - a. What did you think about the fitness assessment?
 - b. Did you get a copy of your results?
 - c. How did your results impact your interest in physical activity and fitness?
6. What do you know about the Healthy Fitness Zones?
7. Did you set any fitness goals after receiving your results? If so, how did that happen (in class, on own)?

Physical Activity

8. Other than your physical education classes, what activities does your school provide opportunities for you to be physically active (e.g., during class, during breaks)? (*revised*)
 - a. Are opportunities to be physically active provided before and/or after school? What are they?
 - b. Are opportunities to be physically active provided during the school day? What are they?
 - c. Do teachers provide physical activity breaks during class? What do you do?
9. What other times during the school day (other than physical education class) are you allowed to be physically active? When does that occur? (*revised*)
10. What have you shared with your parents about what you have learned in your physical education class/ what you are learning about fitness? (*revised*)
 - a. What changes, if any, have you made related to physical activity outside of school (e.g., at home, on the weekends)? Why did you make those changes?
 - b. What changes, if any, have your parents made at home related to physical activity (e.g., limiting screen time, family physical activity time, encouraging you to be active)? Why did your parents make those changes?

Student Recognition

11. Did your class or school provide any recognition for students based on their FitnessGram® scores/achieving fitness goals?
 - a. What do you think about being recognized for achieving fitness goals?
 - b. Were the students who were recognized given anything (e.g., badge, certificate, etc.)?
 - c. What do you think about the items that were given to students being recognized?
12. What role, if any, does recognition play in motivating you to be physically active?
 - a. What motivates you to be physically active?

Those are all of the questions we have for you today. Do you have any questions for me?

Thank you very much for taking the time to participate in this focus group. This has been very interesting and informative, and will contribute greatly to the evaluation of the Presidential Youth Fitness Program and the ability to improve upon it in the future. If you have any questions or concerns, or would like to add something that you think of later and believe is important, please feel free to contact us. You can find contact information for the project director on your copy of the informed consent form. Have a wonderful day!

