

# Parent Focus Group Moderator Guide

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## **PARENT FOCUS GROUP MODERATOR'S GUIDE— PYFP EVALUATION**

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### **I. INTRODUCTION & CONSENTING**

Thank you for agreeing to speak with us today.

ICF International is conducting an evaluation of the Presidential Youth Fitness Program (PYFP). The goal of this focus group is to understand your perspectives, experiences, and insights on the Presidential Youth Fitness Program and how it has affected your children who are students in Physical Education (PE) classes in this school. This focus group should take about 60 minutes, and 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. As the consent form states, we will be audio recording the focus group, so that we have accurate representations of what was said.

Did you all have time to read the informed consent form we sent you?

**[If yes]** Great, do you have any questions about it? Do you agree to participate?

**[If no]** Could you please take a minute to read the consent form? I want to be sure that you understand your rights as a focus group participant in this evaluation. Do you have any questions about it? Do you agree to participate?

We do request that all comments stay part of this group discussion and are not shared with others including your children, teachers or others in the community.

### **II. FOCUS GROUP QUESTIONS**

1. To begin, let's go around the table and provide brief introductions including your first name and whether you have a son or daughter in 6<sup>th</sup> grade in this school.
2. As parents, what do you hope or expect that your children will receive from their physical education classes?

#### **Presidential Youth Fitness Program**

3. Your child's school participates in the Presidential Youth Fitness Program. Are you familiar with this program?
  - a. **[If yes]** What do you know about it? What have you heard about the Presidential Youth Fitness Program?
  - b. **[If no, read the following brief description:** *Schools such this one can participate in the Presidential Youth Fitness Program. The program provides PE teachers with*

*training and resources on how to incorporate more fitness education in PE and the use of a standards-based system to assess the fitness levels of students, called, FitnessGram®. The Presidential Youth Fitness Program also includes a system for recognizing students who achieve fitness goals.] Does this sound familiar? What have you heard?*

4. What has your child shared with you about what they do in their physical education classes or what they are learning in physical education?

#### **Fitness Assessment**

5. What has your child shared with you about the fitness assessments that are part of the physical education curriculum?
  - a. How do you feel about the fitness assessment done in the school?
  - b. Do you think the fitness assessments help motivate them to improve their physical fitness or be more physically active?
6. What has your child shared with you about the Healthy Fitness Zone and the awards/recognition they can receive if they achieve the Healthy Fitness Zone? **(revised)**
  - a. What do they think of the awards?

#### **Communication with Parents**

7. What types of communication have you received from your child's physical education teacher or school this year (fitness assessment, BMI, the importance of physical activity)?

#### **Impact on Behavior**

8. What changes, if any, have you noticed in your child's motivation to be active since they've been in 6<sup>th</sup> grade physical education?
  - a. Has your child discussed setting fitness goals for themselves with you?
  - b. Do you think the fitness goals they have set in school have affected their motivation to be active?
9. Has anything your child has told you or brought home regarding physical education and fitness affected how you do things at home? (e.g., limiting screen time, family activity)
  - a. If yes, what has changed?
10. Has anything your child has told you or brought home regarding physical activity and fitness affected your own motivation to be active?
  - a. If yes, what has changed?

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 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!

