



Empowering students to be fit for life.

Presidential Youth Fitness Program (PYFP) Evaluation Q&A

1) Why are we conducting the PYFP Evaluation?

The Presidential Youth Fitness Program (PYFP) Evaluation is being conducted to assess the impact of the program on students, PE teachers and their schools. We also hope to learn about how the program has been implemented and any challenges or successes that have been faced. All of this information will be used to help inform program improvement.

2) Why are we asking schools that have not implemented the PYFP to participate in this evaluation?

In order to assess the impact of the PYFP, we plan to assess student, PE teacher and school-level outcomes in middle schools that implement the program and similar middle schools that offer a traditional PE curriculum.

3) What are you asking my school to do?

Schools participating in the PYFP Evaluation will be asked to participate in a variety of activities. Students in grade 6 will be asked to have their height and weight measured in private and complete a measure of cardiovascular endurance; this will occur twice during their PE class – once at the beginning of the spring semester and again at the end of the semester. Students will also be asked to take a survey at the end of the semester regarding physical activity. Some of your 6th grade students may also be asked to participate in physical activity measurement by wearing accelerometers.

In addition, PE teachers and school administrators will be asked to complete a brief survey at the end of the spring semester [PYFP only: and PE teachers, parents and students will be recruited to participate in focus groups. To assess costs of implementing the PYFP, PE teachers and school administrators will also be asked to complete a brief time and cost worksheet].

4) How many student at my school will be involved? What grades are involved?

We will invite all 6th grade students enrolled in PE to participate in the height, weight, and cardiovascular endurance measurements, as well as the student survey.

5) What does accelerometry data collection involve?

An accelerometer is a small device that measures levels of physical activity. It's similar to a Fitbit or pedometer except that there is no digital display of physical activity levels. The accelerometer can track the intensity of physical activity and how frequently someone is physically active. However, it

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does not track the type of activity or the location where that activity is performed. The accelerometer is worn on a belt or clip over the right hip. Students participating in the accelerometer measurements will be asked to wear the accelerometer for one week at the beginning of the semester and one week at the end of the semester; the accelerometer is not worn while sleeping or swimming.

6) Are all students expected to participate in the accelerometry data collection? How do students get selected?

No, not every student will be asked to wear an accelerometer. Six schools will be selected to participate in accelerometry data collection. At those schools, up to 10 students who have parental permission in each participating 6th grade PE class will be randomly selected to wear the accelerometer.

7) Will you collect student names?

Yes. Names will be included in the student records provided to the evaluation team, but they will be replaced with a unique ID. Also, because students will participate in FitnessGram® assessments and Accelerometry (select students in select schools) at two points in time, the child's name will be used to link the two time points together as well as to link other to other student data. All information will be maintained confidentially and be de-identified once the evaluation is completed. Names can never be reported or published.

8) What will we do with the data collected as part of this evaluation?

Data collected through this evaluation will be used for summary reports and program improvement. Individual school or respondent names will not be identified. At the end of the evaluation, the ICF team will share de-identified survey and fitness assessment results with each school.

9) Is participation voluntary?

Participation in data collection activities is voluntary for PE teachers, administrators and students [PYFP schools: and parents]. Parent permission and student assent will be required for accelerometry data collection [PYFP schools: and student focus groups]. Fitness assessments and surveys about the physical education program are standard PE practice and therefore will not require parent permission. However, the ICF team will not conduct the fitness assessments or surveys with any student who refuses to participate.

10) How long do the height/weight and cardiovascular endurance measurements take? Where are they done? Do schools need to have any of the testing equipment already?

We will work with your school to determine the best manner to measure height, weight, and cardiovascular endurance. Usually, these measures can be done as part of a regular PE class over the course of 1-2 sessions.

We will send your school all of the equipment necessary to conduct the height, weight, and cardiovascular endurance measurements. Your school will not need to provide any equipment for these measurements. The school will get to complete the fitness assessment equipment at the end of the evaluation.

[non-PYFP SCHOOLS: Trained ICF staff will conduct beginning of semester assessments in a select group of non-PYFP schools and end of semester assessments at all non-PYFP schools].

[PYFP SCHOOLS: PE teachers will conduct beginning of semester assessment and turn data in to ICF. End-of-semester assessment will be conducted by trained ICF staff in order to minimize the amount of class-time used for data collection.]

11) How long does the student survey take? Do PE teachers need to have any materials for students?

The student survey takes approximately 15 minutes to complete. Surveys will be administered during the first 15 minutes of PE. Evaluation team staff from ICF will work with school liaisons and PE teachers to select the best day/week to administer the student surveys. Specially trained staff will bring all the materials students need in order to take the survey, including the pencils.

12) How can I get more information about involving my district/school in the PYFP evaluation?

For more information, contact:

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