



Dr. Aaron Beighle
University of Kentucky



Dr. Heather Erwin
University of Kentucky

CSPAP:

Bridging the Gap between Research and Practice

Focus on the Whole Child

Whole School,
Whole Child,
Whole Community
Model by the
Centers for Disease
Control (USA).

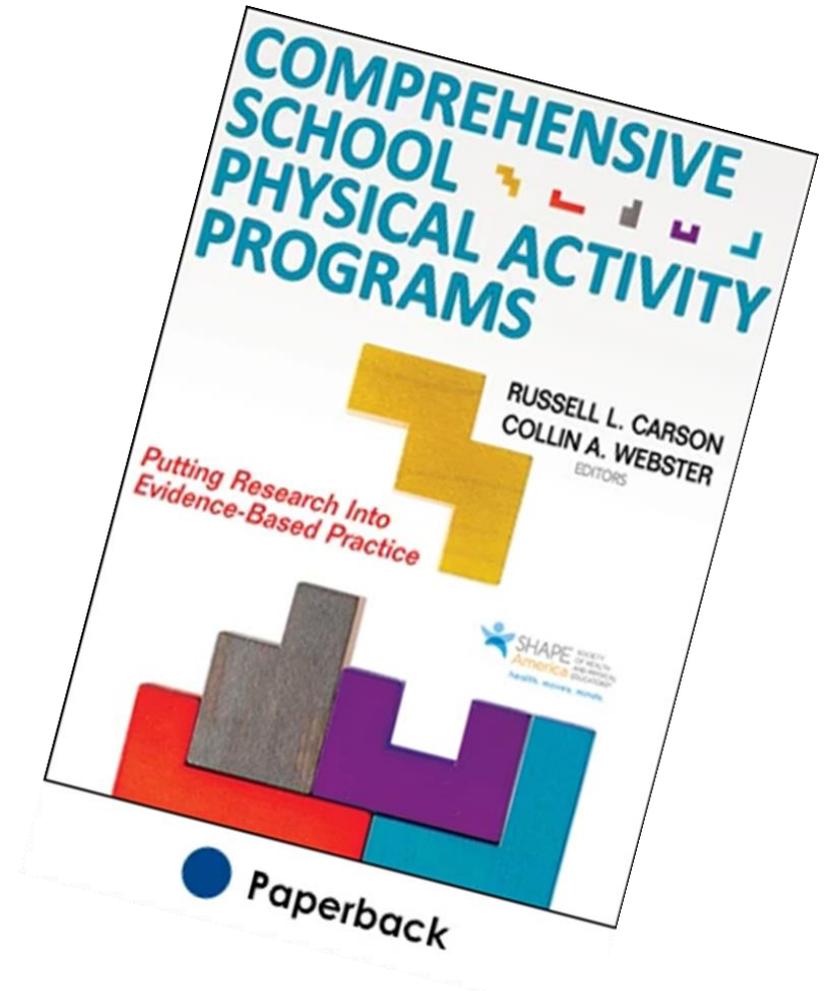


Focus on the Whole Child

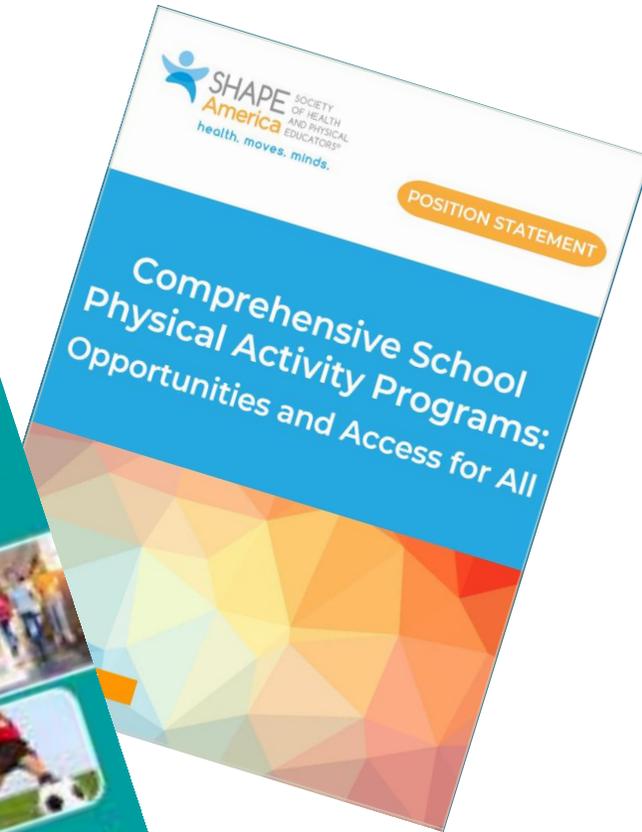
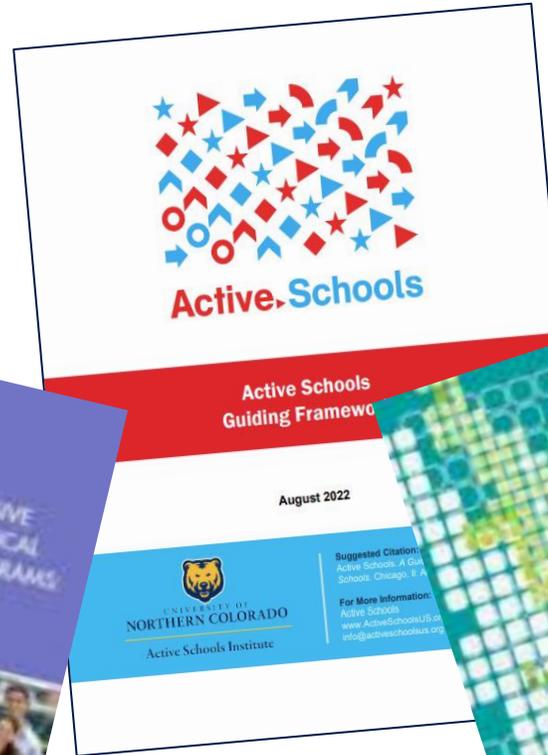


Overview of this session

- CSPAP – Overview of our journey
 - ▣ It's nothing new
 - ▣ It's not rocket science
 - ▣ It's resource building
 - ▣ It's a framework
 - ▣ It's evolving
 - ▣ It's multi-faceted

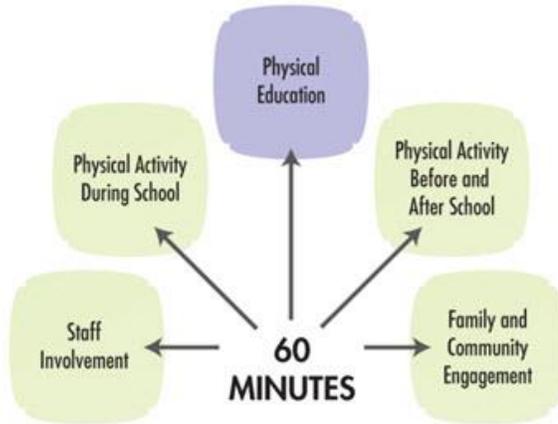


Documents through the years

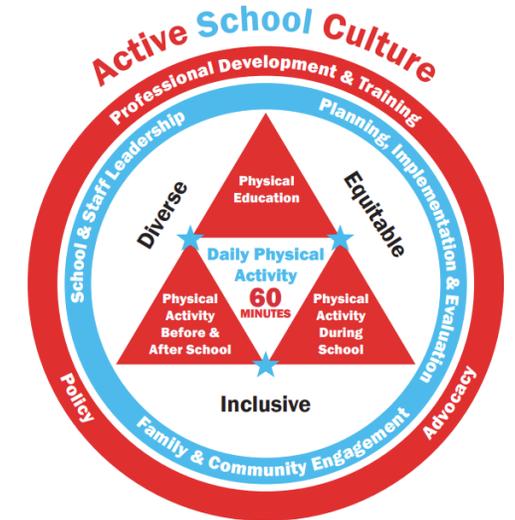
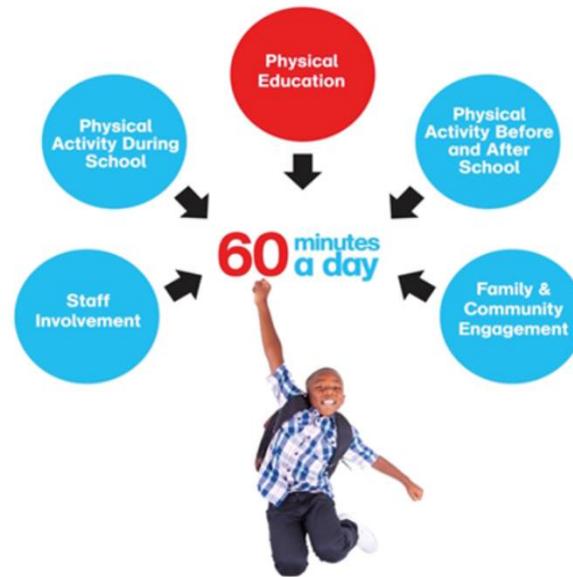




Active Students = Better Learners
www.cdc.gov/healthyschools/PEandPA



COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM



Why do we care?



Physical Activity: A leading **health** indicator

Physiological

- * Improved bone density
- * Enhanced markers of cardiovascular and metabolic health
- * Weight maintenance
- * More efficient movement

Cognitive

- * Improved attention and concentration
- * Enhanced information process, storage, and retrieval
 - * Improved behavior
- * Increased positive affect
- * Increased blood flow to the brain

Mental

- * Decreased anxiety
- * Improved resilience
- * Reduced depression symptoms
 - * Better sleep
- * Enhanced social outcomes
 - * Improved coping

Health and Learning

- Healthier students are better learners
- Educationally relevant health issues
 - Vision and Hearing
 - Pregnancy
 - Violence
 - Nutrition
 - Inattention
 - Hyperactivity
 - Physical Inactivity
 - Others

Basch, 2010

Health and Learning

- Healthier students are better learners
- Educationally relevant health issues
 - Vision and Hearing
 - Pregnancy
 - Violence
 - Nutrition
 - Inattention
 - Hyperactivity
 - Physical Inactivity
 - Others

Basch, 2010

Physical Activity: A leading **academic** indicator

- Improves cognition via blood flow to the brain
- Decreases misbehavior
- Increases attentiveness
- Improves concentration
- Enhanced memory
- Improved math and reading skills
- Improved comprehension

Terminology

Physical Activity (PA): Bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure.

Exercise: Leisure time physical activity conducted with the intention of developing physical fitness.

Fitness: A set of attributes that people have or achieve relating to their ability to perform physical activity.



Physical Activity Promotion



Physical Education

Sports

Scouts

Rec Organizations

Corporations

Family

Physical Literacy



Physical Education

Sports

Scouts

Rec Organizations

Corporations

Family



MEDIA



**GOVERNMENT
AGENCIES**



**FAITH-BASED
ORGANIZATIONS**



**YOUTH-SERVING
ORGANIZATIONS**



SCHOOLS



**POSTSECONDARY
INSTITUTIONS**



FAMILY



**HEALTH CARE
PROVIDERS**



EMPLOYERS



MEDIA



POSTSECONDARY
INSTITUTIONS



HEALTH CARE
PROVIDERS



YOUTH-SERVING
ORGANIZATIONS



EMPLOYERS

SCHOOLS

FAMILY

Schools make sense

Schools are attended by most youth

Schools are full of trained personnel

Schools have resources (not just financial) and connections

Schools have a history of public health involvement

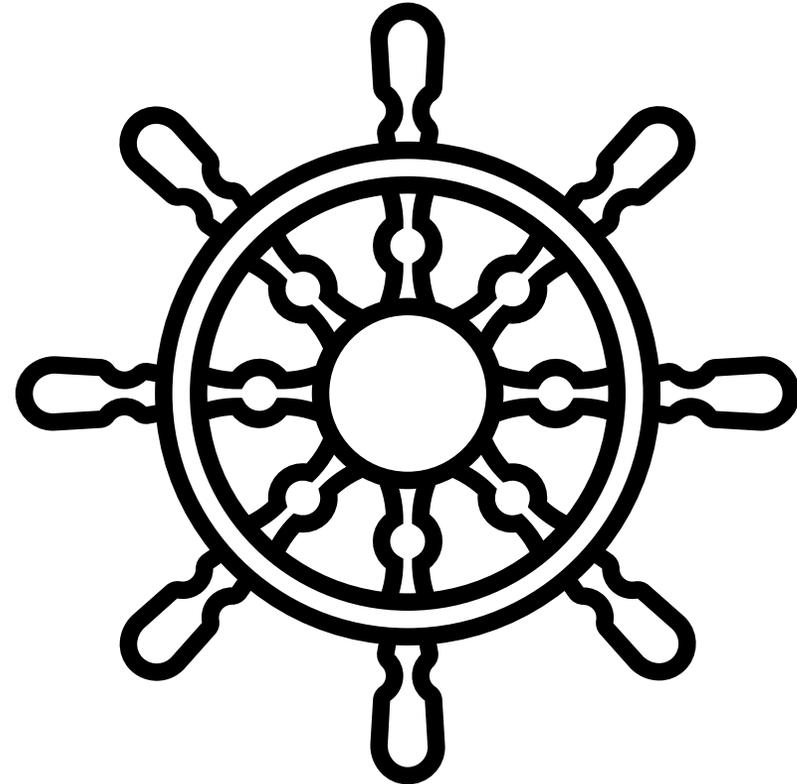




WE NEED LEADERS

Who leads these efforts?

- Physical Educators ←
- Teachers
- Nurses
- Parents
- Coaches
- Stakeholders



Comprehensive School Physical Activity Programs

Active School Flag
(Ireland)



Moving
School
(Germany)



Health Based
Physical
Education (UK)



S.M.A.R.T.
(India)



Image from Centers for Disease Control



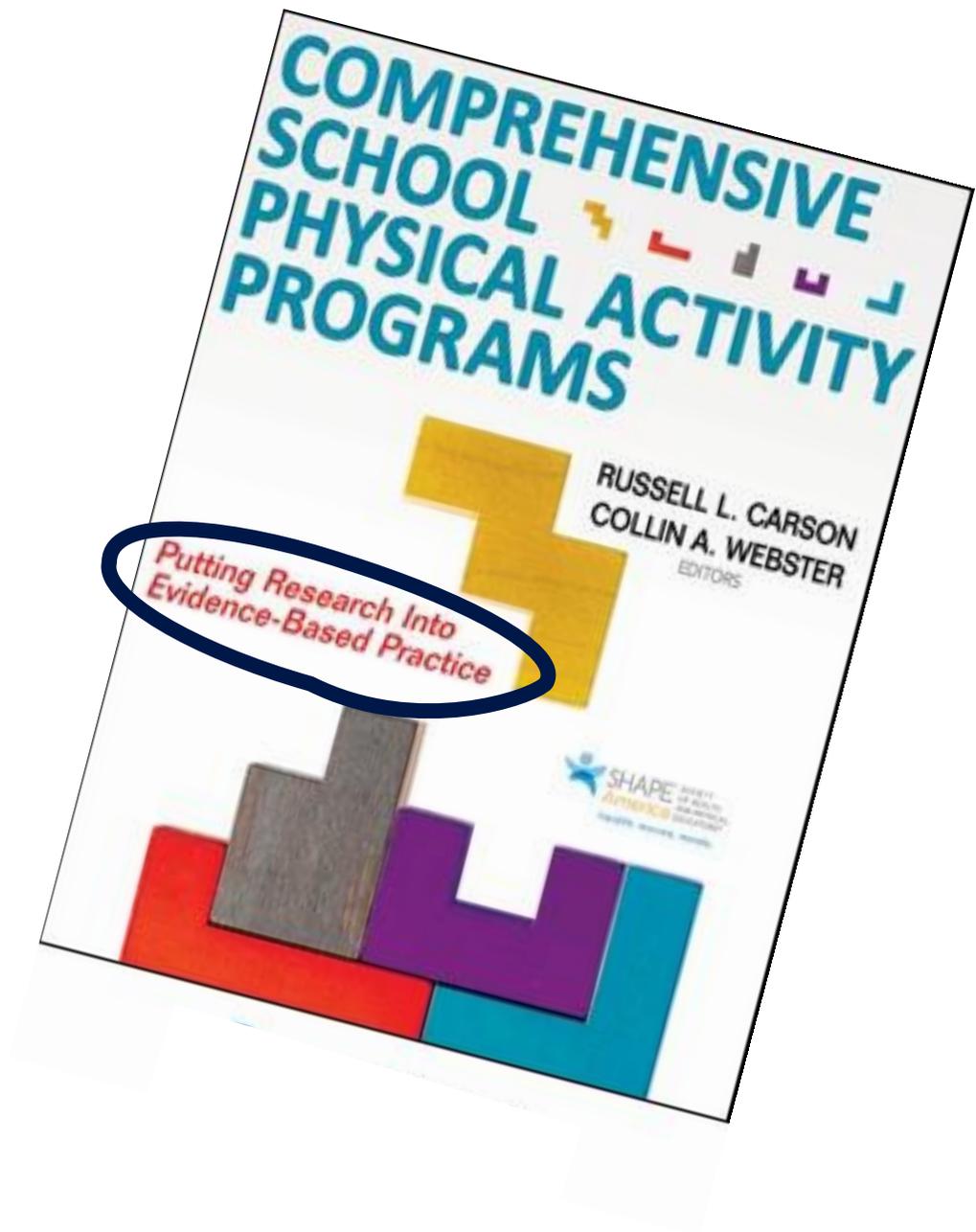
Research to Practice



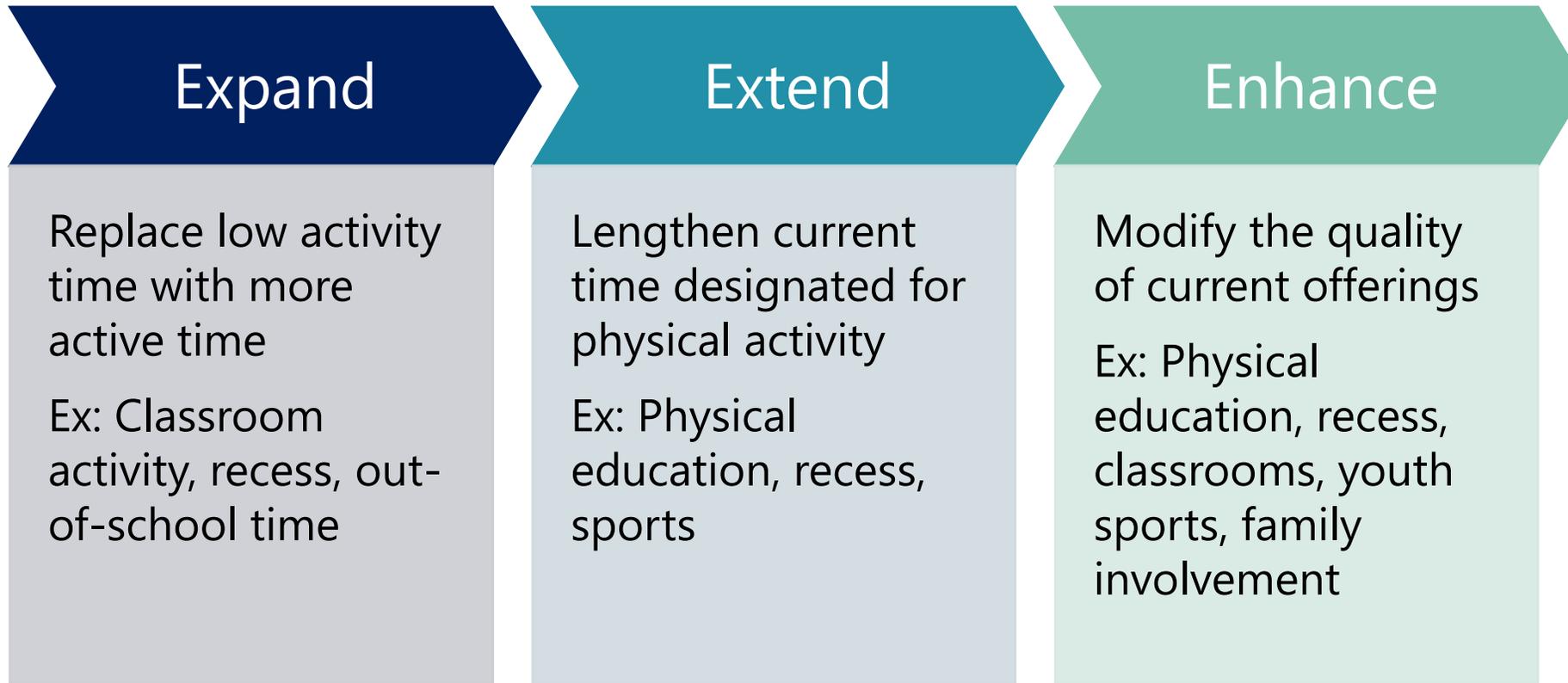
COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAMS

RUSSELL L. CARSON
COLLIN A. WEBSTER
EDITORS

*Putting Research Into
Evidence-Based Practice*



Theory of Expanded, Extended, and Enhanced Opportunities (TEO) (Beets et al, 2016)



Physical Education

Expand

Decrease Sedentary Time
Curricular Choices
Pedagogy Decisions
MVPA?
100%?

Extend

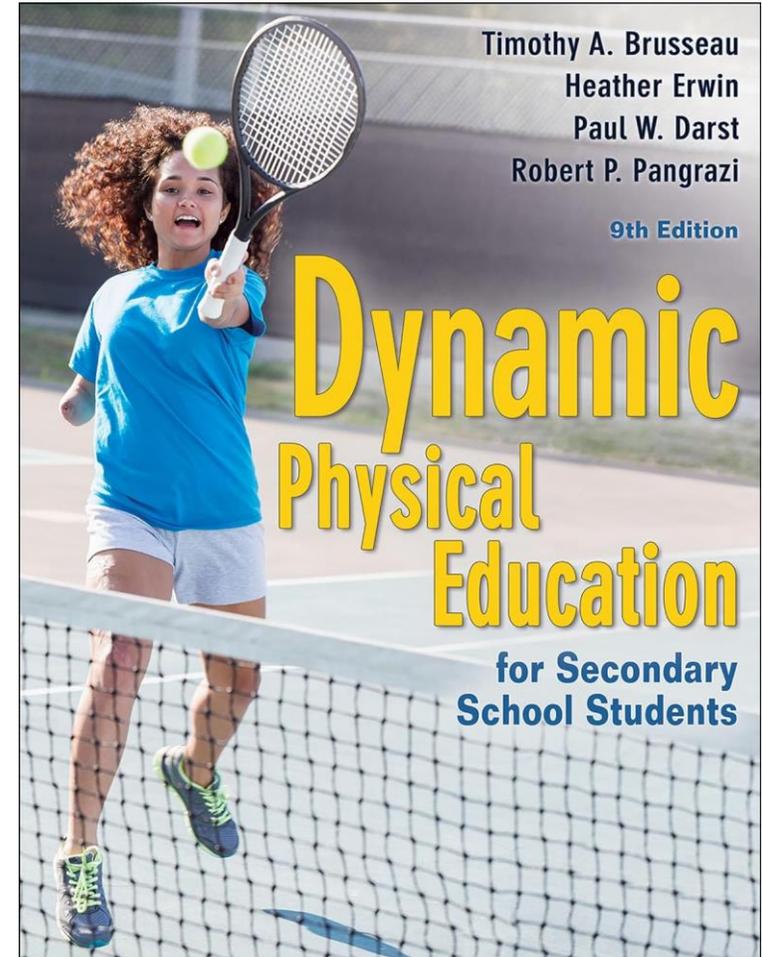
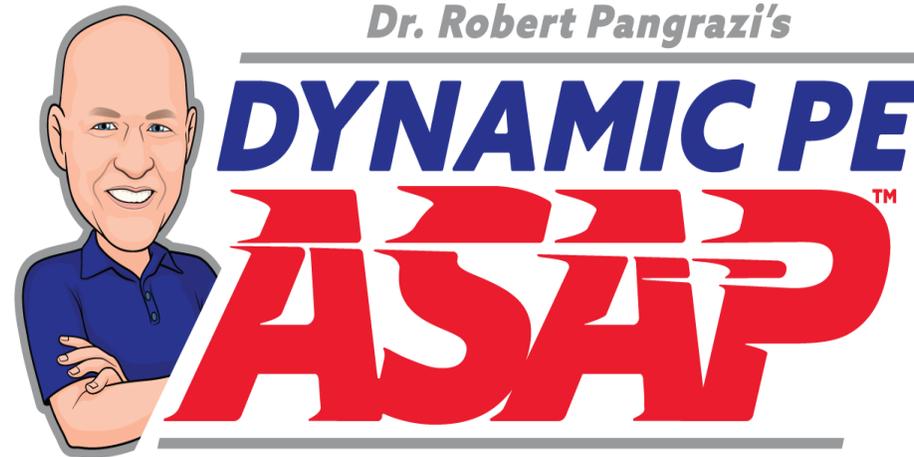
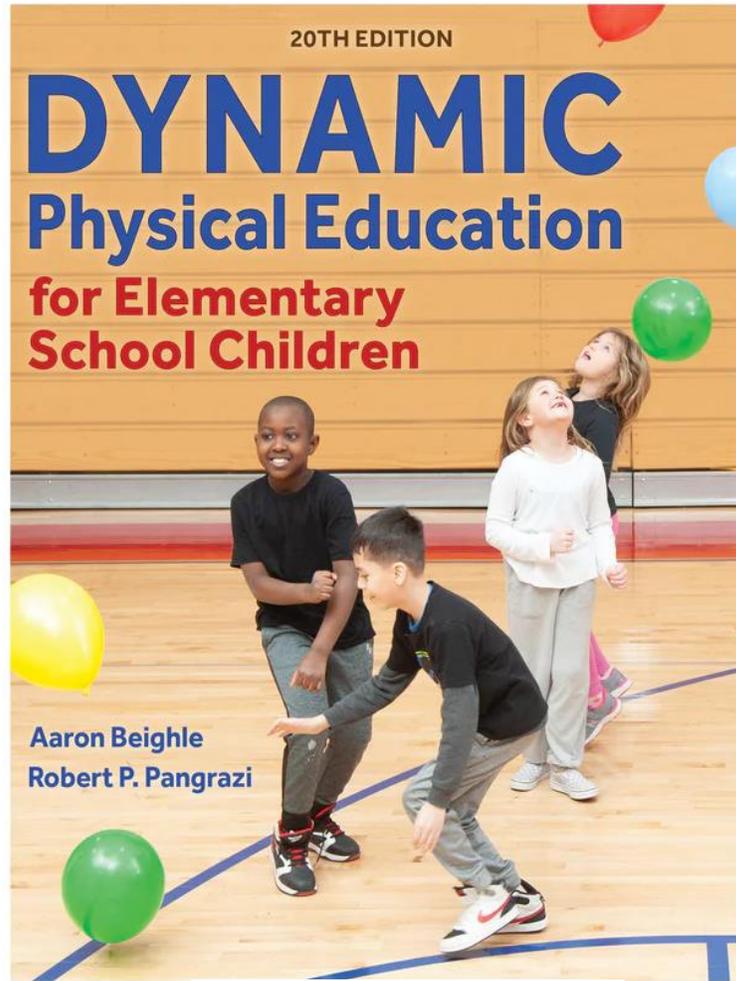
Add more PE
Connect PE beyond PE
Add more PE lessons
Add more contacts with students

Enhance

Implement efficient lessons
Use motivating and meaningful experiences
Create a safe environment
Generate useful assessments

mimoveapp.com

dynamicpeasap.com



During the School Day - Classroom

Expand

- Teach with activity
- Offer breaks from academic rigor
- Use physical activity responses to questions
- Active seating/Standing desks
- Arrange the room to foster PA
- Active hallways

Extend

- Provide PA breaks at the "bottom and top" to improve focus and behavior
- Take the long way
- Active hallways

Enhance

- Use technology
- Allow students to create videos
- Provide professional development for teachers
- Provide choices

During the School Day - Recess

Expand

- Provide equipment
- Make the space attractive
- Actively supervise

Extend

- Shorter, more frequent recess
- AM, PM recesses
- Practice transitions to increase time

Enhance

- R.A.W.
- Zones
- Equipment checkout
- Walk ins for high school
- Intramurals
- See "Expand"

LINDBERGH ELEMENTARY "ACTIVITY ZONES"



Beyond the School Day

Expand

- Provide BASP staff training
- Foster Active transport
- Teach PE for beyond PE

Extend

- Provide BASP staff training
- Increase youth sports offerings
- Organize neighborhood PA when feasible

Enhance

- Provide BASP staff training
- Lead youth sport coach training
- Organize PA clubs
- Collaborate with scouts

Staff Involvement

Expand

- Include staff in decisions
- Ask staff for help/ideas
- Encourage active supervision/activity with students
- Lead active faculty meetings

Extend

- Wellness programs
 - Group fitness
 - Take care of YOU program
 - Brownbag TedTalks

Enhance

- Award the Golden Sneaker
- Show staff you care
 - Burnout is real
 - Simple acts go a LONG way
 - Ask them what they want

Family and Community

Expand

- Create PA calendars
- Make PA a priority in the community
- Develop PA based school/community events

Extend

- Offer physical education nights more than once a year
- Collaborate with local business for volunteers during recess to offer more
- Open the playground to after-school or evening parent "active" socials

Enhance

- Link PA to school events
- Make PA a priority in the community
- Foster family/community connection tied to PA (see festivals, runs, etc.)

Expand



Aaron Beighle

beighle@uky.edu

@aaronbeighle



Heather Erwin

heather.erwin@uky.edu

@heatherebeighle