

TITLE: Examining the Feasibility of Partnering with Cooperative Extension to Advance Statewide Physical Education Policies in Oregon

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STUDENT SUBMISSION: Yes

TOPIC/TARGET AUDIENCE: Researchers, Policy Makers and Intervention Scientists

ABSTRACT: Background: Optimizing physical education (PE) is a proven strategy to increase children's physical activity. In Oregon, elementary schools must provide PE for > 150 minutes/week. One strategy to meet the minute requirement is for classroom teachers to deliver PE, which is permissible using curricula aligned to national PE standards. Be Physically Active 2Day (BEPA 2.0) is a unique standard-aligned classroom-based PE curriculum developed specifically for classroom teachers. We evaluated the effectiveness of BEPA 2.0 teacher trainings via a unique partnership with Cooperative Extension. Methods: Extension trainers (ET) were trained by BEPA 2.0 Master Trainers (MT). Teachers were subsequently trained by the ET (n=xx) and the MT (n=xx). Teachers completed post-training surveys to assess confidence, comprehension, and self-efficacy to implement BEPA 2.0. Survey scores were compared between MT and ET groups using the Wilcoxon-Mann-Whitney test. Results: There were no significant differences between MT and ET training groups in perceived confidence ($p=0.12$), comprehension ($p=0.08$), or self-efficacy ($p=0.18$) to implement BEPA 2.0 post training. Conclusion: These results indicate that Extension trainers were as effective as Master Trainers and the train-the-trainer approach is an effective method for BEPA 2.0 dissemination. Cooperative Extension partnerships may be an overlooked mechanism to enhance physical activity promotion efforts.

OBJECTIVE(S): Attendees will learn about current PE policies for elementary students in Oregon Attendees will learn the various strategies schools can employ to meet the requirements Attendees will learn how Cooperative Extension is supporting schools to meet the requirements and the effectiveness of this approach
