

OUTREACH INCENTIVE GRANT FUNDING: END-OF-YEAR PROJECT REPORT

Title of Proposal: Physical Activity Assessment in the Real World: A Safe Routes to School Learning Experience for Kinesiology Students

Your Name: Eugene C. Fitzhugh, PhD

Project Date: April 2013

Additional project support received from other university or external sources:

Source	Amount	Title
<u>Fitzhugh F&A</u>	<u>\$56.00</u>	<u>F&A Recovery</u>

Please use this sheet to answer each of the following questions about your project (1-2 pp total)

1. **ASSESSMENT:** How did this project document or assess its engagement with the community?

Assessment for this engagement project occurred at several levels. First, students documented their engagement with their assigned schools by signing in and interacting with the front office staff. Related to the class, students utilized a direct observation record to document observed students who were walking/cycling to/from school. Each student also did an environmental assessment of school conditions that might have hindered or promoted active transport to school. Additional, process evaluation included feedback from the students and school principals as to how the direct observation protocol could be improved.

2. **PARTNERSHIP/RECIPROCITY:** How did the university and community work together?

This outreach project enhanced the ongoing collaborative relationship with the local Safe Route to Schools (SRTS) partnership with UTK. Dr. Eugene Fitzhugh, an associate professor in Kinesiology, worked closely with Liliana Burbano and Rachel Foster, both whom are SRTS coordinators, in selecting the school and the direct observation methods. Dr. Fitzhugh also developed a working relationship with six local elementary and middle school principals as the methods were developed. The ties between SRTS coalition and the kinesiology program in the Department of Kinesiology, Recreation, and Sport Studies (KRSS) is much stronger as a result of this outreach project.

3. **BENEFITS:** What were the benefits (University/community) of this partnership?

Both the local SRTS partnership and the kinesiology program at the university benefited from this outreach project. The SRTS partnership gained by receiving a baseline evaluation report that will help the coalition justify expansion of the walking school bus to other Knox County schools. Undergraduate students in kinesiology received the benefit by being able to apply physical activity assessment skills in realistic settings. The students also learned how communities are applying interventions to promote physical activity at the community level by working with practitioners.

4. **SHARED DECISION-MAKING:** Did the community have a "voice" or role for input into this project?

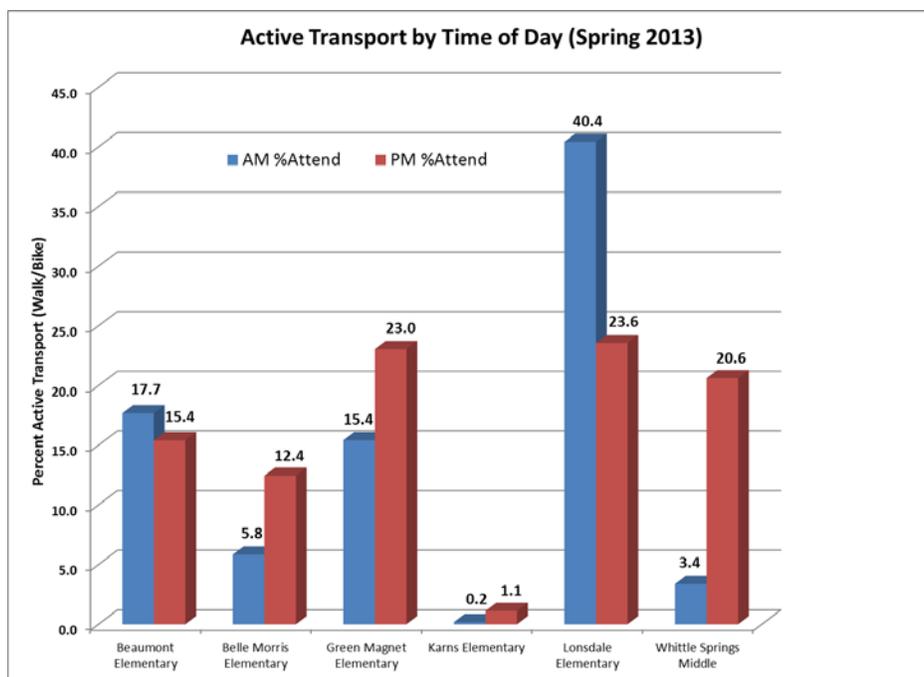
The local SRTS partnership was responsible for identifying the six schools and securing principal permission for UTK students to conduct this evaluation. The SRTS coalition was active in all phases of the program in that each of the six schools has a SRTS representative there to meet students for all morning and afternoon direct observation periods. The kinesiology program at the University provided the technical assistance and expertise in designing the direct observations specific to each individual elementary school.

5. **SCHOLARSHIP:** Are there any examples of faculty scholarship that will be informed by this project?

This outreach project is anticipated to lead to a new line of research for Dr. Eugene Fitzhugh, a physical activity epidemiologist on the kinesiology faculty. While this project was not initially intended to lead to a published peer-reviewed paper, it has him with the necessary methods and process needed to apply for external funding using rigorous study designs in free-living populations.

6. **CONCLUSIONS:** What conclusions and best practices can be drawn from the partnership?

The figure below provides a summary of the findings from this outreach project. It appears that active transport is related to several factors. The factors gleaned from the data indicate that active transport of children to schools varies by the time of day and the siting of the school in relationship to proximity to residential areas. It appears that SRTS interventions will need to consider each school individually in order to maximize positive outcomes.



7. **FUTURE PLANS:** What are the future plans for this partnership?

This outreach project may become a standard project for Kinesiology (KNS) 350, an undergraduate kinesiology class in physical activity epidemiology. Also, this project will inform faculty from within the kinesiology program on how to design a rigorous research design that will attract future external research funding sources in this area. Finally, the SRTS coalition can use this data as baseline data for evaluating their future interventions in collaboration with KRSS and UTK.