

**1. Project Name:** Health and Fitness Center

**2. Project Number:** 44

**3. Campus Name:** Washington High School

**4. Project Description:**

While there is a clear message from a variety of research studies that “a healthy lifestyle prevents a number of illnesses”

- a. What is often overlooked is that the choice of a healthy lifestyle is not a purely individual decision. According to Dr. Veronique L. Roger of the Mayo Clinic, “There is a shared responsibility between the individual and the community.”
- b. Because childhood behaviors have such a profound impact on future adult lifestyle choices, schools serve as an excellent venue to provide students with the opportunity for daily physical activity, to teach the importance of regular physical activity for health, and to build skills that support active lifestyles.
- c. Building a Health and Fitness Center would take full advantage of delivering the best practices in healthy living to students, parents, teachers, and our community.

**5. Project Objectives:**

- a. Creating an environment in which children engage regularly in physical activity which can offer physical, emotional, academic, and social benefits.
- b. There is a positive association between academic performance and physical activity. Various research shows that children who are physically active and fit tend to perform better in the classroom. Research has also demonstrated that additional curricular emphasis on PE may result in small absolute gains in grade point average.
- c. Findings suggest that physical activity in school may be an effective strategy to reduce health disparities and the achievement gap.
- d. Parents influence their children’s behaviors directly through specific parenting practices and indirectly through their parenting style. Practices such as logistical and emotional support are shown to be positively associated with child physical activity levels. Parents who provide above average levels of support have children who participate in more minutes of moderate- vigorous physical activity per day.
- e. Teacher benefits for physical activity are multifold, including health, wellbeing and productivity related outcomes. Exercise programs in the workplace may be leveraged to promote physical activity levels through frequent and sustained exposure to options for physical activity. Employers represent a powerful stakeholder group to influence health policy initiatives designed to create supportive environments inside the workplace as well as for the broader community.
- f. Community access to schools’ physical activity spaces outside of normal school hours is a developmental objective of Healthy People 2020. Research has shown that providing access to school facilities for physical activity is likely to enhance physical activity participation among community members.

## **6. General Information:**

Strength Training: Strength and conditioning program used by our PE teachers and coaches. Designed for all types of athletes and PE students committed to improving their strength, agility, and quickness regardless of experience. Fitness for Life: a comprehensive standards-based K-12 program designed to help students take responsibility for their own fitness and health. Our PE teachers were trained in the use of heart monitors and other equipment. Staff Workout Program: Given an appropriate venue, staff members would regularly be involved in after school fitness workouts using aerobic machines and weights. Healthy People 2020 & Blue Zone: Both national programs to improve American's health.

## **7. Summary:**

Peer-reviewed research has shown that parents, students, and community members all recommended various improvements to physical education in schools. A multi-stakeholder intervention is necessary, inclusive of students, teachers, and the school system.

- a. If schools can work together with policymakers, advocates, parents, and communities to create an environment where children become physically fit, achieve academically, benefit both emotionally as well as socially, and develop lifelong habits that contribute to holistic wellness of body, mind, and being, public education will be well on its way to providing the 21st century skills children need for successful futures.

## **8. Project Outcomes:**

Results from the use of a Health and Fitness Center may be made public through release of data to both the Cedar Rapids Community School District and the Cedar Rapids Community at large. Data collected may include but is not limited to:

- a. Demographics of individuals and groups using the facility
- b. Strength gains by students in physical education classes
- c. Fitness goals met by students in physical education classes.

Research:

- 1) JAMA, Djousse MD, Luc et al., *Relation Between Modifiable Lifestyle Factors and Lifetime Risk of Heart Failure*. July 22, 2009.
- 2) US News, Edelson, Ed. *HealthDay*. July 21, 2009.
- 3) Active Education. Fall 2007 Research Brief. *Physical Education, Physical Activity and Academic Performance*.
- 4) <http://onlinelibrary.wiley.com/doi/10.1111/j.1468-0009.2009.00548.x/full>
- 5) <http://uex.sagepub.com/content/37/1/41>
- 6) Taras H: **Physical activity and student performance at school**. *J Sch Health* 2005, **75**:214-218.
- 7) <http://heb.sagepub.com/content/38/5/441.abstract>
- 8) <http://www.sciencedirect.com/science/article/pii/S0091743509003296>
- 9) Hennessy et al. *International Journal of Behavioral Nutrition and Physical Activity* 2010, **7**:71  
<http://www.ijbnpa.org/content/7/1/71>
- 10) *Journal of Physical Activity and Health*, 2010, **7**(Suppl 1), S20-S30 © 2010 Human Kinetics, Inc.
- 11) <http://www.springerlink.com/content/e120485837319217/fulltext.html>

**1. Project Name:** Academic Intervention Hub and Lecture Hall

**2. Project Number:** 45

**3. Campus Name:** Washington High School

**4. Project Description:**

Our school has two adjacent former classrooms with sizeable square footage, unusual height, little usability, and no flexibility. One is totally wasted space and the other could become a vibrant learning environment rather than an inadequately remodeled classroom. We have a need for an appealing Academic Intervention Hub with the capability of being flexible to fit the needs of the students and teachers. We also have a need for a lecture hall easily available to the community with 21st century technology. These two rooms offer an unusual structure, convenient access to the community, and an undeniable need for the space to be made useful. Due to their adjacent proximity and the extreme need for improving their usefulness, it seems logical to combine these needs into one project.

**5. Project Objectives:**

Creating an environment in the Academic Intervention Hub in which:

- a. Students collaborate
- b. Students mentor and tutor
- c. Students study individually
- d. Academic interventionist (teaching position) works with students in need of assistance
- e. Teachers meet with small groups of students (2-5) for academic assistance
- f. Project Lead the Way can thrive with an effective classroom including 30 computer stations
- g. A classroom of computer stations may be used by a teacher when Project Lead the Way is not in session
- h. Students are able to effectively use technology for academic assistance.

Creating an environment in the Lecture Hall in which:

- a. Three to four classes are able to convene in one room
- b. Students can take notes on seats with fold down writing surfaces
- c. All seats have a clear view of the front counter & podium due to raised seating
- d. Teachers may originate lectures for video distribution or record for future use
- e. The front counter has a chemical resistant surface with gas jets, sink, document camera, and technology connections to create a flexible presentation area
- f. A Smart Board would be utilized
- g. Solo or Small Group musical performances could easily be held
- h. Multi-media controls may be located in a control booth in the rear loft
- i. A potential broadcasting (TV & Radio) curriculum could become part of the program of studies
- j. Community groups or speakers could have a first class venue for evening and weekend events

- k. Up to 100-120 persons could be seated for lectures and events.

## **6. General Information:**

**Academic Intervention Hub** The vision is for the first floor to have an area with a set of 30-32 desk/computer stations to be used by Project Lead the Way or other classes. Study carrels, tables with electrical outlets and internet access, several printers, and a desk for the Academic Interventionist could be placed around the perimeter of the room. A second floor balcony on three or four walls would contain numerous glassed in (soundproof) study rooms with a table and chairs for up to 6 people to use at a time.

**Lecture Hall** The vision is a technologically advanced venue seating 100-120 persons with convenient access to an outside door and parking.

## **7. Summary:**

Academic intervention is becoming increasingly important in improving the academic success of all students. This program attempts to identify students with academic needs, provide them with strategies for improvement, offer additional instruction, and reinforce positive study habits. The technologically advanced Lecture Hall would provide teachers and students with options for ever changing teaching strategies. Special guest speakers would have a first class venue to interact with the students. The community could utilize the Lecture Hall in a similar fashion outside of the school day.

## **8. Project Outcomes:**

**Academic Intervention Hub** Results from comparisons of data prior to using the Hub and after using the Hub could be compiled for distribution within the Cedar Rapids Community School District and the Cedar Rapids metro area. Data collected may include but is not limited to:

- a. Iowa Test scores
- b. Numbers of failing grades
- c. Average GPA's of the student body
- d. Average GPA's of various sub-groups Lecture Hall
- e. View data regarding the number of days or class periods used per week or year
- f. Community reservations per year