



**FOCUSED FITNESS**

*Sensible Fitness and Health Programs for Today's Kids*

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# Empowering Teachers and Engaging Students with Data Handouts

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# WELNET Software

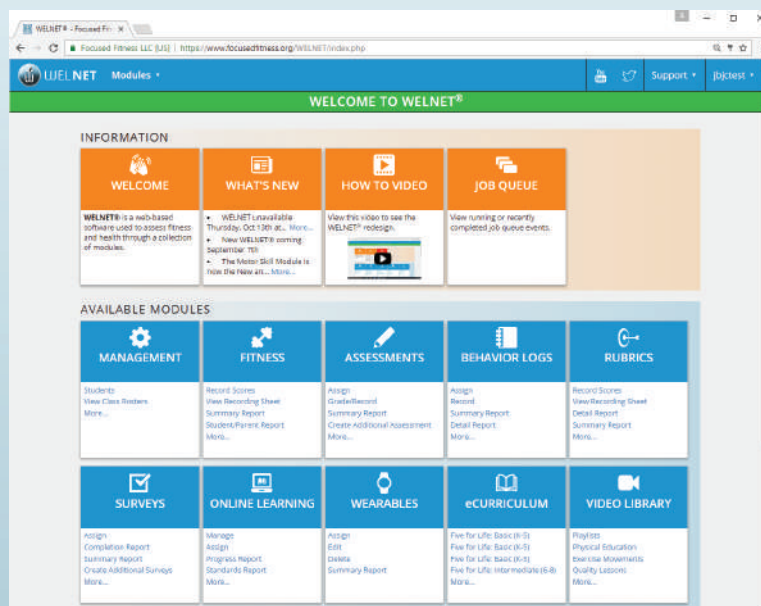


WELNET  
software

WELNET® is a web-based software system used to assess fitness, health and movement through a collection of application modules. WELNET® enables educators to measure the five components of health-related fitness, check for understanding of fitness and health concepts, as well as track health-related habits and behaviors. WELNET® provides analysis of longitudinal data trends to support improved instruction, student learning, personal fitness and program analysis.

WELNET® is an easy-to-use, customizable, web-based software system that:

- Simplifies the process of gathering academic, fitness and health information while providing longitudinal data
- Allows educators to print individual and group reports and analyze the results from any internet-enabled device
- Permits access for student to enter fitness goals and complete academic unit assessments and behavioral logs (activity, nutrition, hydration, sleep and pedometer)
- Includes a Rubrics module allowing educators to track student skill development over time and create customized rubrics
- Offers Online Learning module including physical education courses and student portfolios to be delivered in a blended or virtual environment
- Provides student growth data, as required by many teacher effectiveness plans
- Saves district server space and technical support because the data and software are hosted on Focused Fitness servers
- Is accessible from any internet location, maximizing activity time





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## WELNET® DS (District Solution)

### Detailed Information

WELNET® DS is a web-based software program used district-wide to assess fitness and health through a collection of modules. WELNET® DS enables educators to measure the five components of physical fitness, check for understanding of fitness and health concepts, track health-related habits and behaviors. WELNET® DS provides analysis of longitudinal data trends and supports improved instruction, student learning and personal fitness.



WELNET® DS will simplify the process of gathering student data while providing longitudinal data. Teachers and administrators can print individual and group reports and analyze results from any internet-enabled device. WELNET® DS also exports data in formats suitable for researchers and evaluators to analyze. Focused Fitness provides the hosting and support so there is no servers or hardware to purchase or maintain. All module enhancements are made available to all current users at no additional cost so there is never a need to install new versions.

### Hardware / Software Requirements

- Can be accessed by students, parents or teachers with any internet-enabled device
- Supported operating systems: Windows, Macintosh, Linux
- Supported browsers:
  - Windows: Internet Explorer 9, 10,11 and Edge, Firefox, Chrome
  - OS X (MAC): Safari, Chrome
- Mobile-Responsive design allows for use on any size screen
- No installation required - no computer server to purchase or software version to install
- Telephone and email support for all teachers and administrators available – no additional district technical support necessary

### Program Design

- Simple, consistent user interface between all modules
- Usable by novice and experienced users
- Four view levels: district, building, teacher, student/parent level



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## Fitness Measurement Module

- Fitness measurements and standards are customizable – districts may choose any combination of fitness measurements
- Fitness measurements can be different for various levels
- Automatically calculated values can be included: BMI, VO2Max
- Pre, Goal, Post and additional phases
- Students can view their fitness scores and enter their own Goal values
- Standards can be minimum values, maximum values or a range of values
- Standards can be viewed on screen or printed
- Fitness measurements can be marked as adapted scores, medical excuse or not tested
- **Fitness Reporting**
  - **Fitness Measurements Reports** – class reports, summaries by class, by teacher, by school and /or by district, historical reports by year
  - **Phase Comparison Reports** – utilize a wide variety of criteria to create comparison reports by class, by teacher, by school and /or district
  - **Student / Parent Fitness Report** – current year data, historical data for each year participating, comparison to fitness standards, letter/text customized by the customer with school logo included, can be made available in multiple languages
  - **Previous Score Report** – view previous fitness scores of current students

## Rubrics Module

- Allows teachers to quickly and accurately assess a student's mastery in a variety of motor skills and other skills
- Districts can customize the set-up of selected skills and mastery points according to their own unique assessment plans
- Rubric system includes pre-loaded definitions, critical elements and descriptors with the ability to modify as needed
- District Administrators and Teachers can create their own rubrics and scoring guides
- Recording methods include; Analytic, Holistic and Checklist
- **Motor Skills Reporting**
  - **Summary Reports**—provides valuable information to teachers, administrators, parents and students about the progress students are making on mastering motor skills from Kindergarten to 12<sup>th</sup> grade
  - **Detail Reports**—provide detailed information on the critical elements students have mastered on each skill assessed



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## Cognitive Assessment Module

- Designed to be used in concert with Five for Life® curriculum or independently
- Ability to create custom assessments from question bank and create your own questions
- Assesses student understanding of fitness, health and nutrition concepts
- Students can access assessments from any internet enabled device
- Multiple choice and true/false questions are scored automatically
- Short answer and extended response questions can be viewed and scored easily
- View and print completed individual student test when taken online
- Ability to manually enter scores from hard copy assessments
- **Assessment Reporting**
  - **Item Analysis** – identify comprehension or deficiencies
  - **Summary Report** – view and print by class, by teacher and by assessment type
  - **View & Print Scores** – total points and percentage scores for each student's assessment
  - **Export to Spreadsheet Format** – for additional review and manipulation

## Behavior Logs Module

- Compile student data to demonstrate how daily choices and behaviors affect fitness, nutrition, sleep and hydration
- Support creation of individual fitness plans and student portfolios
- Supported by the Five for Life® curriculum or can be used as a stand-alone resource tool
- Six log types: Activity, Hydration, Mileage, Nutrition, Pedometer, and Sleep
- Teacher activates student access and length of availability of logs
- Students can complete logs from any internet enabled device.
- **Behavior Logs Reporting**
  - **View & Print** – Individual student and class summaries
  - **Automatic Calculations** – averages, classification totals, units of measurement

## Survey Module

- Online completion of Youth Risk Behavior Survey (YRBS) and Survey of Physical Activity and Nutrition (SPAN)
- Ability to create custom surveys using district created questions, YRBS or SPAN questions
- Pre, Post and additional phases available
- Aggregated survey data results available for teachers and administrators
- Results can be extracted for analysis by researchers and evaluators



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## Physical Education Level 1 & 2 Virtual Courses

- Online and Hybrid Classes for High School
- Mobile responsive design
- Completed online in a fully virtual course format
- Aligned to National SHAPE America Standards
- Integrates with wearables
- Course content is built in a progressive format from Unit to Unit and Lesson to Lesson
- Multi-media lessons include video, text, graphics and the ability for teachers to upload additional resources
- Fitness Assessments are integrated into courses
- Integrated behavior logging (Activity, Hydration, Nutrition, Sleep, Pedometers) with supporting curriculum
- Motor Skills Unit allows for viewing of rubrics and self-analysis of selected skills
- Additional learning features include; customizable course outlines, discussion forms, self-reflections, content webbing, social media interactions, creation of personalized workouts, student upload of video performances, community investigations and Family/Friend activities

## Online Learning Module (Student Portfolio 1 & 2)

- Maximize activity time in class by allowing students to complete assignments, readings and assessments online
- Easy to use format includes unit guidelines, vocabulary, activity directions, key assignments, assessment and community outreach opportunities
- Content from Student Portfolio Series 1 and 2 includes Five Components of Fitness, FITT Principle, Goal Setting and Behavior Logs. All units include assignments that require reflection by students on behaviors.
- Formative and Summative assessments included in all units
- Choose the course length, order, content and assignments
- Establish pre-requisites and availability dates
- Students can access from any location with an internet-enabled device
- Automatically scored multiple choice questions
- **Student Portfolio Reports**
  - Updated display of student progress and scores
  - Auto scored assessments relayed into Grade book
  - “Course Grade” reflects the average score for the total assessments/activities completed scored to date



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- User Reports shows each student's time and frequency in the system
- Export to Excel or PDF format

## Data Analysis Module

- Provides administrators with the data showing the completion rates of selected required program elements
- Provides administrators the ability to create customized reports with graphs, data tables, text across a variety of data points including the ability to compare multiple variables
- Administrative reporting, by building, by teacher, by class
- Reports can be generated by grade level, gender, age, school year, term (quarter, semester, yearlong) and selected schools or district wide
- Reports can be generated by choosing the appropriate phase (pre, post, mid, etc.)
- Compile Quantity and Percent scored report for each Module in use
- Subtotals by grade group levels
- Identify gaps in recording entries

## Wearables Module

- Use wearable devices to understand how active students are
- Set-up of wearable devices in WELNET module
- All data from wearable devices stored in WELNET
- Step by step directions for device set-up for students including links to needed software
- Easy to read graphs for students to understand their movement
- Reports for teachers include daily and weekly summary data
- Daily or weekly goals can be set for students to achieve
- Current wearable devices in the module: Movable (Gen2 and Gen3), Polar devices (Loop, Loop2, A300, M400, V800 and A360) and Garmin Devices (vivoki, vivofit3, vivosmart HR, vivoactive HR, vivofit jr)

## Historical Data

- Historical data is available for teachers, students, parents and administrators
- Scores move with students in the system, even as they change schools in the district
- Ability to import data from other software systems





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## Administration

- Automatic class roster import and updates on your schedule
- Perform quality control to ensure accuracy of import
- Manual class roster updates as needed on request
- Administrative users can add, remove and maintain user accounts

## Data Extraction Services

- Items available for de-identified raw data extraction and analysis are dependent on Modules purchased and can include:
  - Fitness Measurements
  - Cognitive Assessments
  - Behavior Logs
  - Rubrics
  - Surveys
- Administrative reports can be run for multiple school districts as needed by consortiums, researchers and evaluators

## Security of Data

- Password protected login
- Access to class data is established on a per-school or per class basis
- WELNET® is backed up offsite, daily to ensure against loss of data
- Data security is ensured to meet FERPA (Family Educational Rights and Privacy Act) and HIPAA (Health Insurance Portability Accountability Act)
- Policies in place to ensure security of data including Security Audit Policy, Data Disposal Policy and Privacy Policy

WELNET® DS provides a district-wide solution to gather and retrieve longitudinal student health and fitness data in a simplified internet-based approach. Analyzing information in WELNET® DS helps students become aware of their behaviors and how the lifestyle choices they make can impact their current and future health and fitness. Teachers can improve student progress, document student learning and exhibit student growth for goal setting and evaluation. It provides administrators with data confirmation of program impacts and changing needs.

WELNET® DS will assist in collecting and analyzing information information to improve the fitness and health of our youth.