

# What is CSPAP?

Comprehensive School Physical Activity Program

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- CSPAP is a multi-component approach by which school districts and schools use all opportunities for students to be physically active
- meet the nationally-recommended 60 minutes of physical activity each day
- develop the knowledge, skills, and confidence to be physically active for a lifetime.



# The goals of a CSPAP are:

- To provide a variety of school-based physical activities to enable all students to participate in 60 minutes of moderate-to-vigorous physical activity each day.
- To provide coordination among the CSPAP components to maximize understanding, application, and practice of the knowledge and skills learned in physical education.



# + Why CSPAP?

Children and adolescents should participate in 60 minutes or more of physical activity daily.



- National recommendations for PA
- National Data
- PA & Academics



# National Recommendations for PA



## Comprehensive School PA Programs:

Helping all students achieve 60 minutes of PA each day.

## Educating the Student Body:

Taking PA & PE to School

## Evidence-Based PA for School-Aged Youth

## School Health Guidelines to Promote Healthy Eating and PA

# + National Data



## The 2012 Shape of the Nation Report:

Status of Physical Education in the USA provides a current picture of PE in the American education system.

## National Youth PA and Nutrition Study:

Data on behaviors and behavioral determinants related to nutrition and physical activity among high school students.

## Physical Education Profiles:

Summarizes the current state of the physical activity and the physical education policies and practices of secondary schools across 26 jurisdictions (18 states, 6 large urban school districts, 1 territory, and 1 tribe).



# PA & Academics

Research has focused on the association between school-based physical activity, including physical education, and academic performance among school-aged youth.

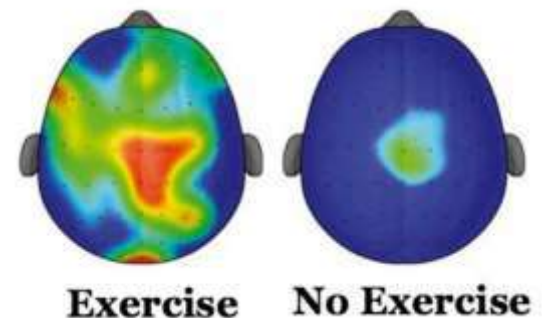
## Active Education:

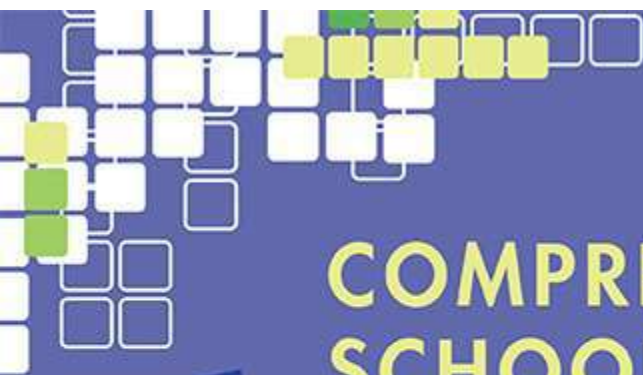
Growing Evidence on Physical Activity and Academic Performance

Physical Education, Physical Activity and Academic Performance

## Health and Academics

The brain is 'on fire' and ready to learn!





# CSPAP

## COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM







# Where do I Start?

[www.shapeamerica.org](http://www.shapeamerica.org)

## 1. Establish a team/committee & designate a PAL

- Download: Comprehensive School PA Programs: A Guide for Schools.
- Download: CSPAP Checklist to record your actions throughout each step.
- Download: Table 1. CSPAP Committee Members and Their Roles
- Pages 18-20 in Comprehensive School Physical Activity Programs: A Guide for Schools will guide you through this process.

# + Where do I Start? Step #2

## 2. Conduct a Needs Assessment

- Use the CSPAP Checklist to record your actions during each step.
- Conduct a needs assessment and identify what is currently in place at your school.
- Refer to pages 21-22 in Comprehensive School Physical Activity Programs to guide you through this process.
- Download: Table 1A – Identify Strengths, Opportunities & Priorities

# + Where do I Start? Step #3

## 3. Create Vision, Goals and Objectives

- Use the CSPAP Checklist to record your actions during this step.
- Use Table 2. Template for Vision Statement, Goals & Objectives to record.
- Review your entries in Table 1A - Identify Strengths, Opportunities, and Priorities worksheet.
- Checkout the resource guidance documents provided on the website for writing goals.

# + Where do I Start? Step #4

## 4. Identify intended outcomes.

- Use the CSPAP Checklist to record your actions during this step.
- Download Table 2A Developing Program Outcomes & Indicators – School Level
- Download Table 2B Developing Program Outcomes & Indicators – Youth Level
- Work with your committee to review the results of your needs assessment and select outcomes and indicators.

# + Where do I Start? Step #5

## 5. Develop your CSPAP plan.

- Use the CSPAP Checklist to record your actions during this step.
- Plan the activities that will be part of your CSPAP. Pages 30-40
- Download Table 3 - Questions to Identify School Resources
- Download Table 4 - Planning Chart for CSPAP Program
- Download Table 5 - Template for CSPAP



# Where do I Start? Step #6



## 6. Implement your Plan

- Use the CSPAP Checklist to record your actions during this step.
- Download Table 6 Template for CSPAP Implementation Plan.

# + Where do I Start? Step #7

## 7. Evaluate

- Design a CSPAP evaluation plan that is clearly based on the identified goals, objectives, and outcomes.
- Use the CSPAP Checklist to record your actions during this step.
- Refer to pages 44-49 in Comprehensive School Physical Activity Programs: A Guide for Schools will guide you through this process.

Resource: Framework for Program Evaluation in Public Health.

# + National Programs

Several national programs support schools in developing, implementing, and evaluating comprehensive school physical activity programs.



## Comprehensive School PA Programs



## Let's Move! Active Schools



## Presidential Youth Fitness Program

## PA Leader Training



## National Framework for PA & PE and Resources to Support CSPAP State Public Health Actions Program (1305)



# + Professional Development

- CSPAP Training-of-Trainers for CDC  
SHAPE America, through its cooperative agreement project with the CDC, provides training to all states through their State Public Health Actions Program (1305).
- Physical Activity Leader Training for Let's Move! Active Schools
- Let's Move! Active Schools  
Sign up to be a school champion!
- Presidential Youth Fitness Program Training and Professional Development Resources
- SHAPE America Professional Development

# + Join the Champions!

Many Resources on the website for each of the 5 components of CSPAP!

Once you understand the benefits of a Comprehensive School Physical Activity Program (CSPAP) your next step is to lead the effort for healthy and active schools in your school or district!

Connect to your state *Let's Move!* Active Schools Coordinator today!

Contact Liz Benne

(NJAHPERD State Coordinator) or see NJAHPERD FYI

