



Homeruns for Health: An intervention using sports to increase physical activity in kids attending an afterschool program

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SETTING

- Non-profit organization focused on improving the lives of children
- Aided character development, sanitation habits, and education of club members
- BGCMV Mission Statement: to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens

METHODS

- Review of literature including: Youth sports, physical activity, and after school programs
- Reviewed daily club programs and activities
- The Social Cognitive Theory was used to better understand how the environment, volunteers, and behavior habits will impact the outcome of the project

RESULTS and DELIVERABLE

- The deliverable was a monthly schedule of when Augustana sports teams will volunteer
- An itinerary was created for the teams to use while volunteering
- The itinerary will highlight the project objectives
- Volunteer sessions will be left to the discretion of the teams

DISCUSSION and NEXT STEPS

- Evaluation of the project's success at the end of next year will determine if the amount of days/time the teams volunteer is increased
- Future interns could look into having St. Ambrose mirror this project with the BGC in Davenport, IA

ACKNOWLEDGEMENTS

- Dr. Lena Hann, Assistant Professor of Public Health, Augustana College
- Esperanza Martinez, Unit Director, Moline Club
- Elizabeth Zimmerman Waldman, Director of Programs and Compliance
- Augustana Varsity Coaches

Put Me in Coach!

Augustana College Athletic Organization's Volunteer Itinerary

Location: Boys and Girls Club of the Mississippi Valley
406 7th Street, Moline, IL 61265 – (309)-757-9155

Contact: Esperanza Martinez – Moline Club Unit Director
emartinez@bgcmv.org – (309)-757-9155

Esperanza should reach out a week or two before your team's specified month, if not, please reach out to her

Parking: Park on 7th Street or on the part of 5th Avenue that runs perpendicular with 7th Street

Activities (minimum of 1 hour)

- Introductions (5-10 min)
 - Name
 - Total number of years involved in respective sport
 - Most memorable moment in sport
- Explain importance of being physically active (5-10 min)
 - Improve physical and mental health
 - Perform better academically
 - Increases retention rate in school
- Teach the basic rules of respective sport (5-10 min)
 - Length/time
 - Scoring
- Play respective sport (30-45 min)
 - THERE IS LIMITED SPORTS EQUIPMENT AT THE CLUB, NECESSARY TO BRING EXTRA
 - Teach tips and tricks
 - If it is too difficult/are unable to play sport, create other games and activities

*All decisions are ultimate left to the volunteers. Please use discretion and be considerate of the club members, staff, and other volunteers.

REFERENCES

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3. Konopasky, A. W., & Williams, A. (2016, October 24). Connection and Control: Case Studies of Media Use Among Lower-Income Minority Youth and Parents | Common Sense Media. Retrieved from <https://www.commonsensemedia.org/research/connection-and-control-case-studies-of-media-use-among-lower-income-minority-youth-and-parents>
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PROJECT OBJECTIVES

- Explain the importance of being physically active
- Teach the rules of different sports
- Allow club members to participate in sports

BACKGROUND

- It was found that adding 30 extra minutes of physical activity led to a greater number of students hitting the health-related fitness benchmark¹
- Healthy habits learned through repetition in these settings may also extend to other settings²
- American 'tweens' (8-12 yrs) average 6 hours of entertainment media a day³
- Researchers found that the age of initiation and duration of participation in organized youth sports was a statistically significant predictor of physical activity in young adulthood⁴
- Over the last 30 years, childhood obesity in the U.S. has nearly tripled from 6% to 17%¹

WHEN KIDS ARE PHYSICALLY ACTIVE:

- THEY PERFORM BETTER ACADEMICALLY** (SOURCE: LET'S MOVE)
- THEY HAVE BETTER ATTENDANCE** (SOURCE: LET'S MOVE)
- THEIR BEHAVIOR IMPROVES** (SOURCE: LET'S MOVE)

STUDENTS WHO ARE CONSIDERED PHYSICALLY FIT RECALL NEARLY TWICE THE AMOUNT OF INFORMATION THAN STUDENTS WHO HAVE POOR PHYSICAL FITNESS (SOURCE: THE PUBLIC LIBRARY OF SCIENCE)

CHILDREN WITH HIGH LEVELS OF PHYSICAL FITNESS HAVE HIGHER GRADES AND THOSE WITH LOWER LEVELS OF FITNESS HAVE LOWER GRADES (SOURCE: THE JOURNAL OF PEDIATRICS)

CHILDREN NEED AT LEAST 1 HOUR OF PHYSICAL ACTIVITY A DAY (SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION)

CHILDREN SPEND MORE THAN 7.5 HOURS A DAY IN FRONT OF A SCREEN (E.G., TV, VIDEOGAMES, COMPUTER) (SOURCE: PRESIDENT'S COUNCIL ON FITNESS, SPORTS & NUTRITION)

2 OUT OF 3 KIDS TODAY ARE INACTIVE (SOURCE: LET'S MOVE)