



Enjoyment and engagement in a community-based physical activity program adapted for underserved children and youth



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Background

- ❖ Physical activity (PA) participation is important to the health and well-being of children
 - School-aged¹ children who do not exercise are more likely to be obese, putting them at increased risk for many chronic health conditions
- ❖ Children are less likely to participate in PA if their parents are not involved or do not encourage them
 - Data suggest children are not meeting the PA requirements²
 - 79% of children ages 6 to 17 do not meet current PA guidelines of 60 minutes per day³
 - PA participation drops with increasing age³ – while 42% of children aged 6-11 years meet the PA guidelines, by age 12–17 this drops to 15%
- ❖ The FunDoRoo™ curriculum is a play-based PA program for children
 - Designed to be delivered in parent-child dyads
 - Focus is on fun and excitement, so children view PA as an enjoyable activity
- ❖ Kinesiology students and faculty are working to adapt the FunDoRoo™ curriculum be delivered as a group exercise program for children and youth
 - Currently being piloted as a 10-week program at the Center for Healthy Neighborhoods (CFHN)

Purpose

To evaluate the adaptation of the FunDoRoo™ PA curriculum for use in groups with children aged 8-11 years from an underserved community

Methods

Participants

- ❖ Children ($N=22$) from CFHN who signed up were placed into PA group based on age
 - 7 to 10 years ($n=15$)
 - 11 to 14 years ($n=7$)

Procedures

- ❖ Adaptation of the FunDoRoo™ Curriculum
 - Working in teams, Kinesiology students met weekly for 3 weeks to adapt the program activities to be appropriate for group settings and/or older children and to plan the implementation of the program
- ❖ FunDoRoo™ at the Center for Healthy Neighborhoods
 - PA groups meet separately for 60 minutes each week
 - Each FunDoRoo™ session includes a 10-minute warm up, strength exercises to improve muscular fitness, PA games targeting coordination, balance, agility, and aerobic endurance, and finishes with stretching exercises
 - Participant enjoyment, engagement in the class, and activity difficulty will be tracked by two observers in each class and recorded using a written log with a pre-determined rating-scale

Measures

- ❖ Participant enjoyment, engagement in the class, and activity difficulty are tracked by two observers in each class and recorded using a written log with a pre-determined rating-scale

Analytical Plan

- ❖ Following completion of the 10-week pilot program, data for each group will be summarized using means and standard deviations or frequencies and proportions, as appropriate



Next Steps

- ❖ Full implementation of the program at the CFHN in Fall 2024
- ❖ The results of this ongoing project will be used to guide further implementation of FunDoRoo™ curriculum in other community-based programs for children and youth

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References

