

Step 4: Identify Intended Outcomes

Audio Descriptive Text

Title: Chapter 4. Establishing a Comprehensive School Physical Activity Program; Step 4: Identify Intended Outcomes. Graphic of multi-component approach showing 60 minutes encompassing Staff Involvement, Physical Activity During School, Physical Education, Physical Activity Before and After School, and Family and Community Engagement, with emphasis on Physical Activity. Active Child icon. Image of CSPAP Page 29 table with columns for Vision, Goal, Objective, Outcome, and Indicator(s). Outcome column highlighted as narrated.

Video Summary

- Outcomes can include changes in knowledge, attitudes, skills, behaviors, status, or level of functioning.
- Begin by examining the goals and objectives identified earlier.
- Establish a benchmark for improving school-level outcomes.

Audio Script

As a result of a Comprehensive School Physical Activity Program, what outcomes or changes do you hope to see? Outcomes can include changes in knowledge, attitudes, skills, behaviors, status, or level of functioning.

When selecting outcomes, begin by examining the goals and objectives you identified for your program. The assessment you completed in Step Two should also be used to help you establish a benchmark for improving school-level outcomes, such as increasing physical activity opportunities throughout the school day and youth outcomes, such as increasing the number of students who participate in 60 minutes of physical activity every day of the week. Your program may choose to focus on one or more outcomes over a period of time.