

Levels of Evaluation CATCH Kids-Club

All levels of evaluation are for 3rd -5th grade students only. Descriptions of each of the four levels of evaluation are listed below. All sites are required to administer the student surveys in Level 1.

Level 1:

- Student Survey only. Survey materials will be provided in electronic format only.
 - Hard copy – please print and copy in color
 - PowerPoint presentation of survey and Student Survey Answer Sheet
 - Online submission - please contact program personnel for a link.

Level 2:

- Student Survey from Level 1
- Height & Weight collection for each child in CKC – biometric collection should be conducted with the same equipment at each collection point. OSDH will provide the protocol for data collection.

Level 3:

- Student Survey from Level 1 and Height & Weight collection from Level 2
- National Healthy Eating & Physical Activity Standards - implementation of 4 standards phased into the program over time and documented in the after-school policy handbook. The standards are as follows:
 - Serving fruits and vegetables (fresh, frozen or canned) as options instead of cake, cookies, candy, and chips
 - Offering water as the preferred drink option during snack times instead of juices, punch boxes, or soda
 - Dedicating at least 30 minutes of afterschool program time to physical activity
 - Ensuring that daily physical activity time includes aerobic and age-appropriate muscle and bone strengthening and cardio-respiratory fitness activities

Level 4:

- Student Survey from Level 1; Height & Weight collection from Level 2; and National Healthy Eating & Physical Activity Standards from Level 3
- FitnessGram - for sites with an assigned trained health educator or trained after-school staff.
- FitnessGram is a complete assessment protocol for physical activity. Trained personnel may collect the data and submit it to OSDH for aggregated analysis. FitnessGram is intended for use with students who do not have disabilities. *For CKC purposes, only the following should be measured:*
 - ✓ **The Pacer measures aerobic capacity.** This is a 20 meter shuttle run, progressive in intensity—easy at the beginning and harder at the end. It is recommended for all ages, but its use is strongly recommended for participants in grades 3-5. The objective is to run as long as possible with continuous movement back and forth across a 20-meter space at a specified pace that gets faster each minute.
 - ✓ **The Curl-Up measures abdominal strength and endurance.** Two students can perform the curl-ups together; while one rises from a supine position on a mat (with knees bent) the other counts the number of curl-ups. Partners take turns performing curl-ups and counting curl-ups.
 - ✓ **The Trunk Lift is an assessment of trunk strength and flexibility.**
 - ✓ **The Push-Up is a test for upper body strength and endurance.** This test also teaches students an activity that can be used throughout life as a conditioning activity.