

TITLE: Evaluating Effectiveness of an Online Physical Activity Promotion Training for School-Based Practitioners

AUTHOR(S): Thomas Packebush, BS & Kathy Gunter, PhD

PRESENTER(S): Thomas Packebush, BS

STUDENT SUBMISSION: Yes

TOPIC/TARGET AUDIENCE: Program Developers, Evaluators, and Extension

ABSTRACT: Background. BE Physically Active 2Day (BEPA 2.0) is a school-based program developed to promote physical activity in multiple settings (classroom, before-, after-school, etc.). Program implementation is supported via trainings delivered through several pathways, including in-person, remote, and asynchronous online. Purpose. Our aim was to evaluate effectiveness of the asynchronous approach and compare training outcomes between asynchronous and in-person modalities. Methods. Between June 2021 and May 2022, asynchronous BEPA 2.0 training was provided to 89 practitioners who completed pre- and post-training surveys assessing knowledge and confidence to deliver BEPA 2.0. To assess effectiveness of the asynchronous approach, the Wilcoxon sign-rank test was used to compare pre- and post-training scores. To compare the effectiveness of the in-person and asynchronous approaches, post-training evaluation scores were compared using the Wilcoxon-Mann-Whitney test. Results. Pre-Post-survey responses were successfully matched for 65 asynchronous participants. Comprehension and confidence increased significantly from pre- to post-training ($p < 0.001$). No overall difference was found between asynchronous and in-person scores ($p = 0.21$), but confidence ($p = 0.01$) and self-efficacy ($p = 0.03$) scores were slightly higher among in-person trainees. Implications. Asynchronous training is effective at increasing knowledge and confidence to deliver BEPA 2.0. Follow-up training may benefit asynchronous trainees to increase confidence and self-efficacy similar to in-person approaches.

OBJECTIVE(S): Explain the difference between in-person and online training approaches for BEPA 2.0. Describe differences in training outcomes between training approaches. Discuss the role of Extension in promoting school-based physical activity.
