

## **KENTUCKY DEPARTMENT OF EDUCATION**

### **Project:**

#### **After School Physical Improvement Regional Effort (ASPIRE)**

### **Type:**

- Physical activity program
- School/community health education
- Professional development

### **Setting:**

- School-based
- Community-based

### **Partners:**

- State health department
- Colleges/universities
- Other: Louisville Science Center
- Other: Family Resources Centers in the Cabinet for Families and Children

### **Goals:**

- To incorporate more physical activity in the after-school programs that participate in the project.
- To develop and support a teen volunteer initiative supporting physical activity and cardiovascular health among students.
- To increase statewide the number of teachers who use hands-on activities related to physical activity and cardiovascular health.

### **Description:**

The Louisville Science Center and the Kentucky Department of Education partnered to create the After-School Physical Improvement Regional Effort (ASPIRE). Three linked projects were completed: 1) The after-school project provided training to after-school program coordinators, student trips to the Louisville Science Center, and mini-grants to implement physical activities. 2) The field-trip program supported health-related field trips for students at 35 middle schools and provided teachers with a distance-learning professional-development tele-link. 3) The teen health advocate project trained eight teens in cardiovascular health and physical fitness, and the teens then assisted in after-school programs

### **Successes:**

- More than 1,700 middle-school children were affected by the program.
- Fifty-five teachers were trained through on-site and long-distance sessions.
- Teen advocates spent 25 hours each with tween groups.
- Community partnerships with local arts and fitness businesses emerged.
- Teachers were very complimentary of the program.



**Challenges:**

- Recruiting enough school groups for the after-school and field-trip programs was problematic, as some schools were unwilling or unable to meet their financial share of the projects.
- The limited number of available buses.

**Strategies for sustainability:**

- The Science Center programs (permanent life sciences, health and wellness exhibit, IMAX film *The Human Body*, CardioLab) will be sustained.
- Discussions will continue about ways to maintain the physical activity connection between professionals and tweens.
- FIT is the newest exhibit from the Louisville Science Center, which opened in December 2002. A hands-on exhibit devoted to physical activity and cardiovascular health, FIT, is tied to the Kentucky Core Content and targets the tween population in an entertaining and educational setting. FIT will travel to Eastern Kentucky University for a Coordinated School Health Conference this summer and, it is hoped, will have the chance to travel to state health departments and school systems after it spends fall 2003 at the Science Center. FIT is a 1,200 square foot hands-on exhibit developed in conjunction with a design firm and a fabrication firm.

**Contact:**

Lindsey Tucker  
Louisville Science Center  
(502)561-6100, ext. 6006  
lindsey.tucker@loukymetro.org  
www.louisvillescience.org

