

MISSOURI PHYSICAL THERAPY ASSOCIATION
Grant for Promotion of Physical Education 2012
Application Deadline APRIL 1, 2012

Background

In June of 2002, the American Physical Therapy Association (APTA) House of Delegates adopted a position on Physical Education Advocacy (HOD 06-02-31-10). The statement reads as follows:

It is the position of the APTA that the provision of regular physical education is an essential component of the education of all children. Physical education should provide students, K through 12, the opportunity for development and maintenance of physical fitness and motor skills. Therefore, the APTA, its components and members should act as advocates for physical education in the schools.

To that end, the Missouri Physical Therapy Association (MPTA) pledges their commitment to the promotion of good health habits. Physical activity is an essential element of health, and the development of physical activity habits needs to begin in children and adolescents. The American College of Sports Medicine (ACSM) recommends that “school aged youth participate in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activity.”¹ Many sources agree that patterns of physical activity developed as a child or adolescent are carried into adulthood.^{1,2,3}

Health benefits from physical activity can include increased strength, improved bone density, increased endurance, improved blood lipid profiles and body composition measures, reduction in injuries, enhanced motor performance, better weight control as well as psychological measures of enhanced self-esteem, improved socialization and decreased mental stress and depression.^{2,3,4,5,6,7,8} There are additional long-term benefits of physical activity such as reduction in atherosclerotic disease, osteoporosis, high blood pressure, breast cancer, obesity, and diabetes mellitus.^{1,3,4,5}

There is no doubt that physical activity should be a part of our daily lives, so the Missouri Physical Therapy Association is trying to get every *body* **MOVING FORWARD!** To support this goal, the MPTA is offering grants to physical education programs in schools. Eligible schools are invited to request grant funding (\$1000) to purchase equipment that will provide physical activity opportunities for all children and promote a life-long commitment to fitness.

Grant Eligibility

- Public or private middle school or junior high school (grades 6-8) in Missouri
- A member of physical education program must be involved in development and implementation of the proposal
- Funded activities must begin no later than first quarter of subsequent school year
- All activities must have a provision for inclusion of students with physical disabilities

Selection Process

- The Public Relations Committee will review proposals according to the established guidelines. Proposals that meet eligibility will be further reviewed and the selection narrowed to the top five proposals. Final selection will be made by the MPTA Board.
- All grants are made in accordance without discrimination on the basis of race, color, national origin, sex, religion, age, disability or sexual orientation.

Evaluation Guidelines

- Must meet all eligibility criteria
- Demonstrates the ability to meet the goal of the MPTA Grant for Promotion of Physical Activity
- The project or activity must bridge diversity and physical disability on campus and strive for optimal inclusiveness of all students
- Demonstrated ability to plan and execute the project
- Justification of how the project or activity addresses the goal of promoting physical activity
- Plan included for a special event, activity or assembly to celebrate the award of the grant which would include presentation by a representative of the MPTA Board

Funding and Reporting

- Grant requests should equal \$1000
- Grants will be awarded in full by the end of May
- Grant recipients will participate in a presentation of the grant by a representative of the MPTA Board and consent to a press release
- A written report is required to be given to the MPTA Board following implementation of the project or activity, no later than December 31st
- In addition, school representatives will be invited to present an oral report at a district meeting of the MPTA in the geographical area of the school. This will be arranged by the local district chair.

Instructions for Narrative Proposal

- Format:
 1. The report will be generated on a computer or word processor
 2. 12 point font, double spaced
 3. Not to exceed 3 pages in addition to the **cover sheet (see attached)**
 4. Each page must be clearly marked with the school's name in the upper right hand corner with the page number.
 5. Label each section and discuss each topic in the sequence given below.
 6. Submit by hard copy only to address listed below.
- Elements of the proposal:
 1. **Project Description**
 - a) **School description** - Describe you school, its size, grade levels, diversity of the community and need for this project.
 - b) **Project goals** - Describe the goals of the project
 - c) **Proposed activity** – Describe specific activities that will take place, including utilization of purchased equipment or materials supporting the PE curricula.
 - d) **Grant goals** - How does project/activity support grant goals?
 - e) **Implementation** – Describe how this project will be integrated into and enhance the school's current PE activities.
 - f) **Program continuation** - Describe plans to sustain the program beyond report period if applicable. If not, explain why.
 2. **Project budget** (Not to exceed \$1000.00) – itemize all expenditures related to the proposal including in kind services and total expenses.
 3. **Implementation timeline**
 4. **Evaluation** – Describe how the success of the project will be evaluated based on the stated goals.
 5. **Oversight** - Identify who will be responsible for implementing and evaluating the project.

- Deadline:
Applications must be postmarked April 1, 2012
Mail to: MPTA Public Relations Committee
205 E. Capitol, Suite 100
Jefferson City, MO 65101

Funding Restrictions

Grant funds may NOT be used for:

- Staff salaries
- Fund raising projects
- Reduction of debt

References:

1. American College of Sports Medicine. *ACSM's Guidelines For Exercise Testing and Prescription*. 7th ed. Philadelphia, PA: Lippincott Williams & Wilkins; 2006.
2. Guidelines for school and community programs to promote lifelong physical activity among young people. US Department of Health and Human Services. 1997.
3. Faigenbaum AD. Resistance training for adolescent athletes. *Athletic Therapy Today*. 2002;7(6):30-35.
4. Hallal PC, Victora CG, Azevedo, MR, Wells J. Adolescent physical activity and health: a systematic review. *Sports Medicine*. 2006;36(12):1019-1030.
5. Hass CJ, Feigenbaum MS, Franklin BA. Prescription of resistance training for healthy populations. *Sports Medicine*. 2001;31(14):953-964.
6. Pate RR, Davis MG, Robinson TN, Stone EJ, McKenzie TL Young JC. Promoting physical activity in children and youth: a leadership role for schools. A scientific statement from the American Heart Association Council on Nutrition, Physical Activity, and Metabolism in Collaboration with the Councils on Cardiovascular Disease in the Young and Cardiovascular Nursing. *Circulation*. 2006;114:1214-1224.
7. Flynn JM, Lou JE, Ganley TJ. Prevention of sports injuries in children. *Current Opinion in Pediatrics*. 2002;14:719-722.
8. Abernethy L, Bleakley C. Strategies to prevent injury in adolescent sport: a systematic review. *British Journal of Sports Medicine*. 2007;41:627-638.

Missouri Physical Therapy Association
Grant for Promotion of Physical Activity 2012
Application Cover Sheet

GENERAL INFORMATION

School: _____

School District: _____

Phone: _____ Fax: _____ Email: _____

Mailing Address: _____ City: _____ Zip: _____

PROJECT INFORMATION

Project Title: _____

Name of Grant Contact: _____

Phone: _____ Fax: _____ Email: _____

Project Start Date: _____ Project End Date: _____

By signing below, the authorizing official certifies that the application and support documentation is accurate and true and agrees to submit a final report to the Missouri Physical Therapy Association upon the completion of the project as outlined in the funding and reporting requirements listed in the grant guidelines.

School Principal's Name: _____ Phone: _____

Principal's Signature: _____ Date: _____