

2014 -
2015

**ADI Physical Activity Instructor Training
REPORT**



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National Aboriginal Diabetes Association
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Communities Included in the Training:

Thirteen (13) representatives from selected Northern and Southern Manitoba First Nation’s communities were invited to attend the Physical Activity Instructor Training (PAIT) in Winnipeg on February 9 – 13, 2015.

The participants were invited to apply, and were selected based availability and commitment to attend, possession of First Aid/CPR, education level, previous experience delivering group activity sessions and availability of space and minimal resources within the community, while still respecting the equal distribution across the province.

Thirty applications were received and the selection process followed. As time passed, a few of the original selected participants cancelled their application due to other training commitments, resulting in the re-selection of candidates by 3 times. The final selection process resulted in fewer candidates possessing the CPR/First Aid qualifications.

Letters were sent to all applicants. Of the 13 candidates, a total of 12 were able to attend. Of the 12 participants, 3 needed First Aid and CPR training, the latter was provided on Tuesday evening. And, of the 12 participants, only 1 did not complete the examination process.

The ADI objectives addressed by this training

- *Increase awareness of diabetes, risk factors and complications as well as ways to prevent diabetes.*
- *Increase physical activity as a healthy living practice.*
- *Increase capacity to prevent and manage diabetes.*
- *Increase knowledge development and information-sharing to inform community-led evidence-based activities.*
- *Develop partnerships to maximize the reach and impact of health promotion and primary prevention activities*

Overview of the project:

The 5 day training event covered the theory and practical components required to be a certified fitness professional. The course covered anatomy, physiology, applied movement mechanics, principles of training, workout design and basic nutrition. It also emphasized safety and technique.

How will the training link to the objectives

This training assisted in building capacity level. It helped participants support their community's goals for promoting physical activity and is predicted to help community members to safely start exercise programs under proper supervision, which aids in the prevention and management of diabetes.

Participant's Evaluation of PAIT Event

Upon registration at the event the participants participated in a PAIT Pre and Post-test session. Each participant was asked to rate their knowledge of implementing safe physical activity sessions in their community. They were provided with a Lickert Scale from 1 to 10 where a rating of 1 equaled NOVICE and a rating a 10 equaled a rating of EXPERT. See Charts 1, 2, 3 for the pre and post test results. Chart 4 represents the participant's personal ratings on a Lickert Scale of 1 to 5 on three categories: development of knowledge, connectivity, and confidence in delivering programming that will influence health promotion and primary prevention activities:

Chart 1

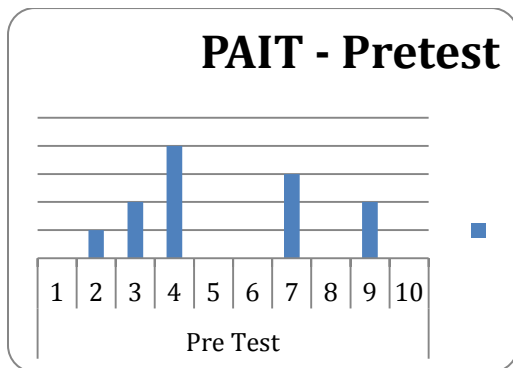


Chart 2

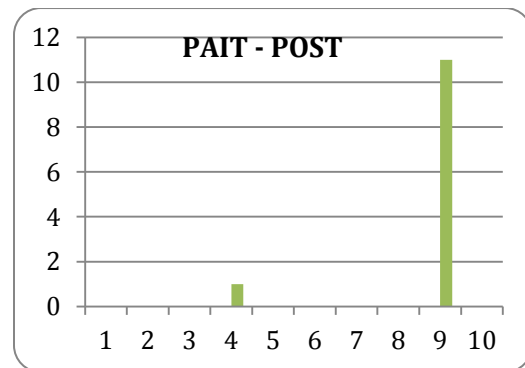


Chart 3

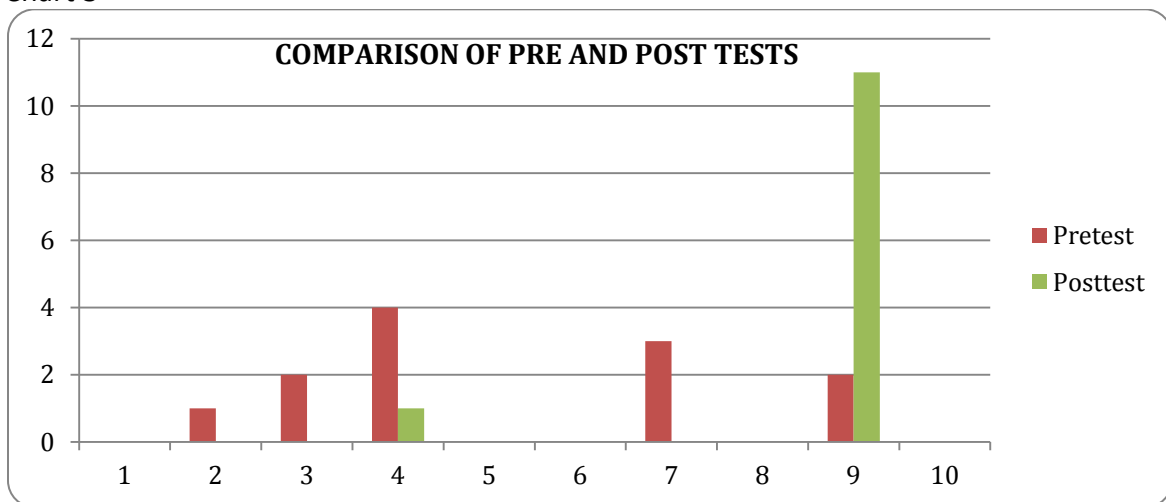
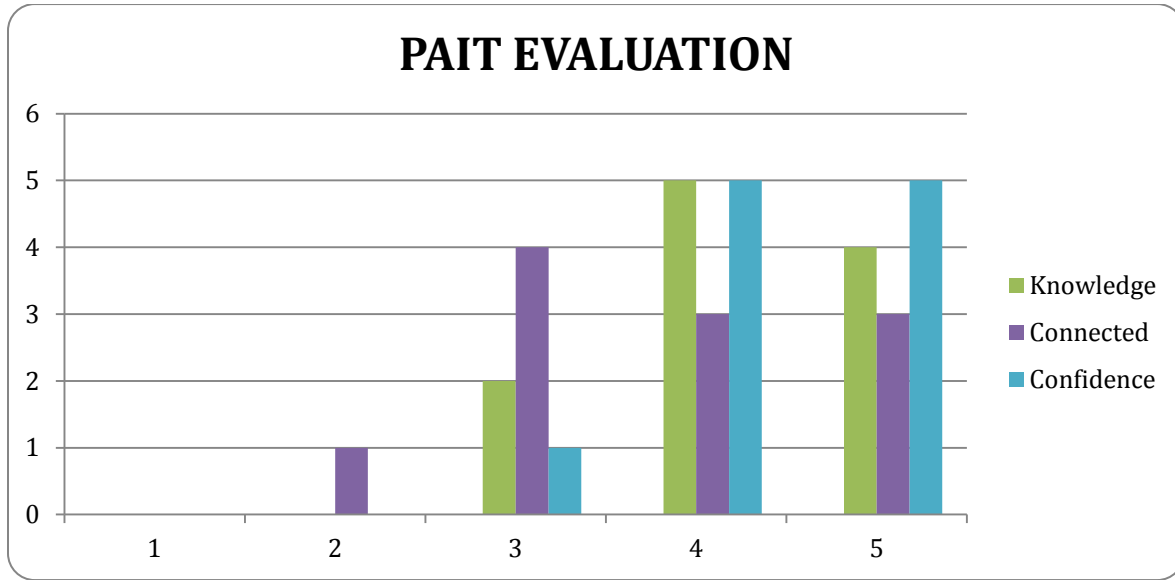


Chart 4



PAIT Evaluation of Participants

The PAIT participants needed an 80% to pass in order to receive their Certification. Of the 12 participants, 2 did not pass and one of the two did not complete the examination series on the last day.

See Table 1 for a listing of the examination results.

Table 1

PAIT: Group Fitness Fundamentals & Sport Conditioning Course				
First Name	CPR	F/A	Exam Mark	GF Exam results
Madeline	Y	Y	46%	70%
Wendy	Not available		80%	86%
Pepper	Y	Y	96%	88%
Rosalie	Y	N	80%	80%
Ryan	Y	Y	60%	37.50%
Theresa	Y	Y	80%	80%
Eleanor	Y	N	80%	85%
Eileen	Y	N	60%	42%
Kimberly	Y	Y	80%	82%
Tonia	Y	Y	83%	88%
Janaine	Y	Y	91%	96%
Geraldine	N	N	97%	91%

Budget

BUDGET OVERVIEW	Amount	Actual
Travel, accommodation and meals and incidentals for all participants	\$27,306.82	19,793.12
Room rental for training x <u>5</u> days (including cost of screen rental)	\$2,500.00	6251.27
Registration and insurance	\$9,750.00	7,000
Resources and Supplies	3,250.00	5643.63
Other (Please specify) Lunch and refreshments	\$375.00	57.52
Administrative cost (not to exceed 10% of total budget)	\$4,318.00	4318

Health Canada approval to move funds to Federal Tobacco Control Strategy		4,436.46
TOTAL	\$47,499.82	47,500.00

Conclusions and Recommendations

The PAIT event was a success as proclaimed by the participants who completed the training and evidenced by Chart 4, PAIT Global Evaluation. One participant did not complete the training/examination circuit and thus will not be receiving certification.

Three participants did not pass the Theory and/or Practical session. Results can be found in Table 1.

- Additional training is required for these three individuals.

Three participants needed extra training in CPR and First Aid. Only CPR was provided as First Aid involves 8 – 16 hours for certification. These participants will receive their certification for PAIT until they satisfy this requirement

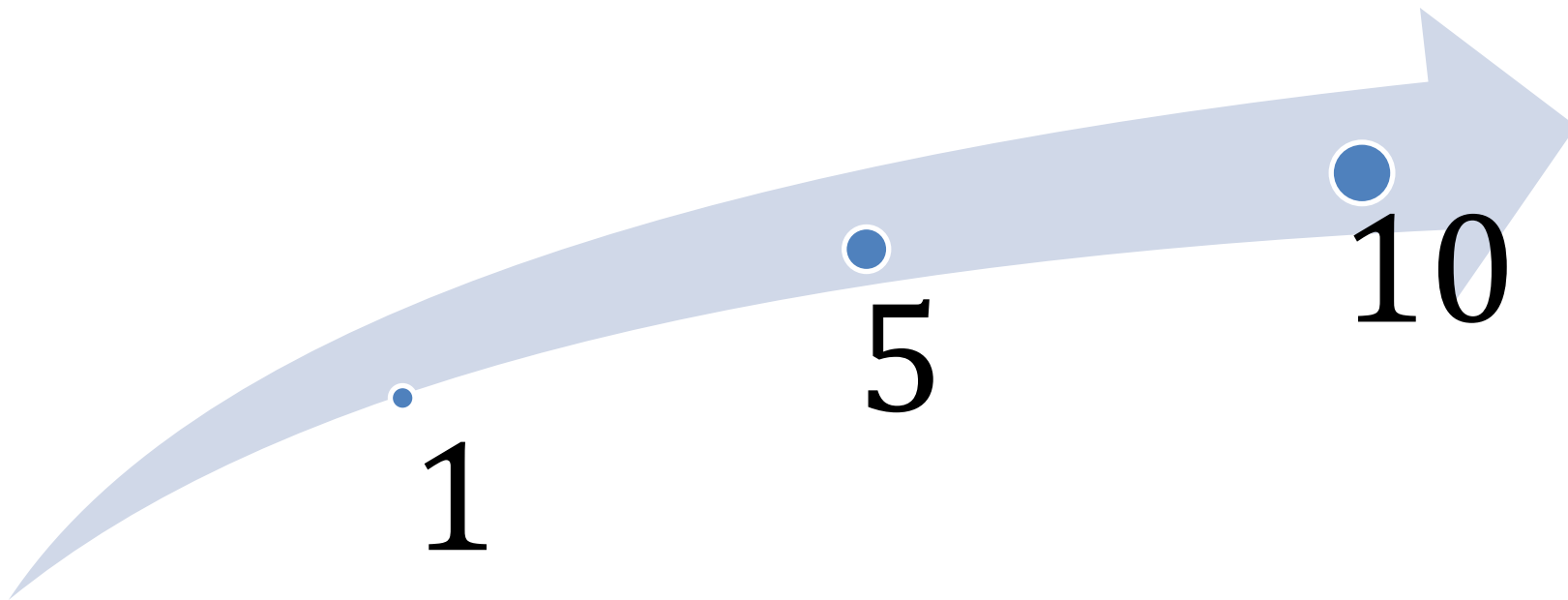
- It is recommended that the 3 individuals receive First Aid Training prior to March 31, 2015.

Appendix 1 EVALUATION FORMS

Physical Activity Instructor Training
February 9 – 13, 2015
Victoria Inn Hotel and Conference Centre

MONDAY / FRIDAY

Before/After the Training: On a scale of 1 to 10, with 1 = “Novice” and 10 = Expert, rate your knowledge of implementing safe physical activity sessions in your community. Place a “dot” closest the number that best describes your knowledge of this topic.

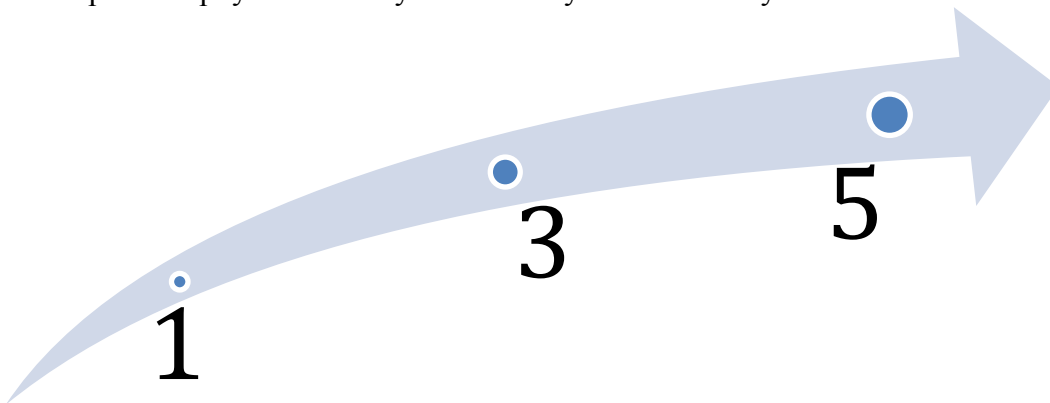


Physical Activity Instructor Training
February 9 – 13, 2015
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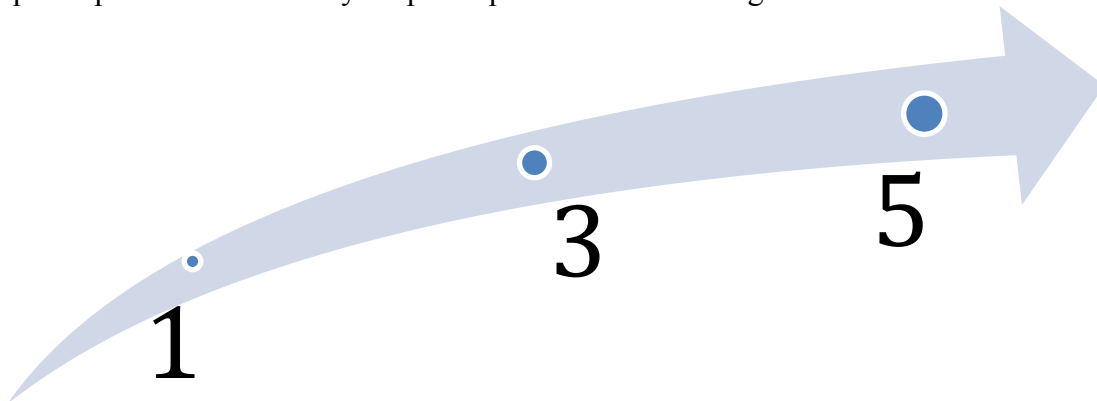
Evaluation

On a Scale of 1 to 5, with 1 = “Very Little and 5 = Superior Knowledge, please rate yourself by checking the appropriate space on the arrows presented below.

1. Do you feel that the PAIT sessions help develop your knowledge on how to safely implement physical activity sessions in your community?



2. As a result of the networking opportunities, do you feel more connected to other PAIT participants as a result of your participation in this training event?



3. As a result of this PAIT training event, do you feel a greater sense of confidence in delivering programming that will influence health promotion and primary prevention activities?

