



HEART RATE MONITOR

Corey Knight

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Continuing or New Intervention:

- Continuing
- New

Intervention also funded in:

- Year 1: \$xxxx
- Year 2: \$xxxx
- Year 3: \$xxxx
- Year 4: \$xxxx
- Year 5: \$xxxx

Amount Requested:

\$6,500.00

Element:

MM

Intervention information

Brief Description

- I. Brief description of the program or project: **To get a class set (40) of Polar A360 Hear Rate Monitors for students in Weight and Fitness class at Beach. The HRM's will have the ability to track and display real time heart rates as they workout.**
- II. Target population: **Beach Middle School 7/8th grade Weight & Fitness class along with Health class.**
- III. When will the intervention start and end: **Will begin when HRM arrive and hopefully never end.**
- IV. Number of events (if applicable): **On a daily basis...**

List all the goals of the intervention

1. To provide HRM's to all students in weight & fitness classes.
- 2.
- 3.
- 4.

For the primary goal provide the following information:

SMART	Goal 1:
Specific Goal	To provide HRM's for every student in weight & fitness class so they can have a real time analysis/evaluation of their workout.
How success will be measured	Success will be measured on an individual basis by showing the students their target hear rate
Describe what data will be collected and who will collect it	The teacher and student will be collecting data on their HR and Target Zone and calories burned and recovery time
Why do you think the goal is achievable?	By promoting life-long fitness ideas and proper technique every goal is attainable.
Is the timeline achievable	Yes. The hope is that every student will achieve many small goals over the class period and continue for a lifetime.

Units of Engagement

Please calculate the units of engagement for your intervention

- Estimated number of participants (P)... **60 (180 + students each year)**
- Estimated time each participant spends at each event (T in hours)... **40 minutes a day**
- Estimated number of events to be held (N)... **150 days per school year (countless)**
- $P \times T \times N =$ countless or endless? **60 students X 40 minutes X 150 days = 360,000** (the number comes full circle) (sorry, bad joke)

Key Evaluation Data

Please list the measures you will be using to track the impact of your intervention. Measures may include, but are not limited to:

- **Data will be taken by each student every time they wear the HRM.**
- **Data will be displayed to promote life-long fitness habits.**
- **Data will be displayed showing the heart rate zone and offer feedback on intensity of workout. Calories burned, recovery time and endurance will also be factored in.**

Responsible Parties & Organizations

Who will:

- Obtain permits, etc. required: NONE
- Finalize decisions like times, dates, etc. NONE
- Develop and implement marketing
Corey Knight
- Recruit necessary volunteers
- Corey Knight
- Develop tools to collect data and collect data
Corey Knight
- Analyze data
Corey Knight and students
- Develop plan to improve intervention
CK
- Prepare storyboard, presentation(s) and reports
- Other specific tasks
CK

What organization are involved:

1. Organizations whose approval is required. I guess just the School District.
2. Organizations who have committed to contribute to the intervention
 - A. Beach Middle School Admin
 - B. Buying a new projector for class
 - C. Yearly maintenance fee, if and when needed, will be added to PE budget.

Marketing Plan

How do you intend to market your intervention?

- Be sure to include the 5H logo in marketing material (email Ashley)
- Take photos of your intervention (email them to Ashley or Matt)
- Ashley will help you with “how to” add to the Facebook Page
- Email matt@5healthytowns.org to get events on www.5healthytowns.org

• MARKETING PLAN is:

- Twitter**
- Instagram**
- Facebook**
- Beach news**
-
-

Proposed Budget (Total Budget = \$ 6,500.00)

How \$6,500 funds from 5HF will be used

Examples are:

- Marketing = \$ 0
- Compensation = \$0
- **Materials = \$ 5,550**
- **Consumables = \$ 350**
- **Training = \$ 600**

How \$250 funds from other organizations will be used

Examples are:

- Marketing = \$
- Compensation = \$
- Materials = \$
- **Consumables = \$ 150-300 PE budget**
- Training = \$