

2020 Initiatives Abstract Form

M. Alysia Mastrangelo

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Project Information – Engagement

Project Title –Kids: Exercise, Fun & Food

Project Duration: one-year pilot

Expected Start date 9-1-2019

Expected End date 6-30-2020

Will your project require support from information Technology Services? No

Introduction/ Background

Kids: Exercise, Fun, and Food will provide an exercise, nutrition and cooking program for children ages 8-15 with ASD. The cooking component adds a hands-on approach to introduce healthy food options and encourage eating new foods. The class environment will facilitate interaction with peers. The project will include parents and caregivers to encourage carryover of activities for improved healthy behaviors.

Timeline -

Outcomes;

1. Participants will demonstrate a 15% improved physical conditioning as seen by increased cardiovascular endurance, flexibility, strength, muscular endurance and balance (as measured by a pretest and post-test fitness assessment).
2. Participants will try a minimum of 2-3 new healthy foods throughout the course of the 8-week session (as measured by food log).
3. Participants will demonstrate a 50% increase their number of minutes engaged in

2020 Initiatives Proposal Form

Thank you for your interest in submitting a proposal to the 2020 initiatives.

Please complete this form, save it to your hard drive, and then email a copy to 2020@stockton.edu. Please copy your Dean/Director on the email. You will then be contacted by the appropriate 2020 Initiative Team representative/LEGS facilitators.

Proposals will be evaluated based on general criteria including the following:

- University-wide impact
- Clearly addressing one of the four LEGS themes from the 2020 strategic plan
- Specific budget details provided
- Realistic outcomes identified
- Assessment measures specified

Please consider following questions as you prepare your proposal.

University-wide Objective(s)

- Does your proposal clearly address an issue relevant to your selected “primary strategic (LEGS) theme”?
- What specifically do you wish to accomplish with your project?
- How will Stockton benefit?

Expected Results

How will you know if your project is a success?

What are your anticipated outcomes and specific measurements for success?

- Does your proposal clearly indicate the responsibility for the various work tasks?
- What is your project's finish line?

General Application Information

Your Name	M. Alysia Mastrangelo
Your Email	m.alyisia.mastrangelo@stockton.edu
Title of Project	Kinesthetic Learning
Project Leader	M. Alysia Mastrangelo
LEGS Initiative Team Coach	Awina Quinn and John Smith
Project Partner(s)	Mary Kline and Jean Pedraza
Duration / Time Frame of Project	9/1/2019 - 6/1/2020

Proposal Category (choose one: one-time or ongoing)

One-Time Funding Activity	Ongoing Funding Activity
<input type="checkbox"/> (A) \$5,000 or less	<input type="checkbox"/> (C) \$5,000 or less
<input checked="" type="checkbox"/> (B) More than \$5,000	<input type="checkbox"/> (D) More than \$5,000

The tables below allow for summaries of about 250 words. Additional information can be included as an attachment.

Narrative Summary of Program

Kids: Exercise, Fun & Fitness program is coordinated through the SRS. The key goals of the program are to engage community partners with Autism Center, provide fitness and nutrition education and provide Stockton students with hands-on experience in a nutrition education and exercise program.

The national rate of children identified with ASD is 1 in 34 children. New Jersey rates are the highest in the nation at 1 in 34 children. Kids: Exercise, Fun & Food will be an exercise and nutrition literacy program aimed at helping children with ASD and their parent or caregiver to improve their well-being through physical activity and healthy eating utilizing an interprofessional approach. The involvement of the parent/caregiver is an important element to the program.

The program will be for children ages 3-4 for children with ASD. The program will facilitate parents and caregivers.

Assessment Plan: What are your outcomes?

Participants

1. demonstrate a 50% improved physical conditioning as seen by increased cardiovascular endurance and flexibility.
2. try a minimum of 2-3 new healthy foods throughout the program.
3. demonstrate a 50% increase in their physical activity to meet the national physical activity goal as measured by the physical activity log.
4. Graduate with increased comfort in working with children with ASD, as measured by Societal Attitudes toward Autism Skill questionnaire.

Measures

1. Anthropometric measures
2. Vital Signs
3. Fitness assessments
4. Activity logs
5. Food logs:

Outcomes will be reported in a poster review.

Budget Summary

Item	FY2019	FY2020	FY2021	FY2022	Notes/Comments
	July 1, 2018 – June 30, 2019	July 1, 2019 – June 30, 2020	July 1, 2020 – June 30, 2021	July 1, 2021 – June 30, 2022	
1. Nutritionist for cooking		\$ 800.00			
2. Consultant licensed @ \$6		\$ 2,880.00			
3. Accelerometers for particip		\$ 500.00			
4. Cooking supplies		\$ 800.00			
5. Exercise equipment		\$ 500.00			
6. Incentives for participation		\$ 500.00			
7. Assessment tool - Consony		\$ 500.00			
Total	\$ 0.00	\$ 5,430.00	\$ 0.00	\$ 0.00	

* Please note: a proposer can only receive 2020 funding for two fiscal years.

Funding Questions

Are you receiving any other University funding for this project?	No		
What department or academic school will your budget for this project reside?	School of Health Sciences		
Who will be the Budget Unit Manager (BUM)?	Dr. Margaret Slusser		
Who will be the budget processor?	Nikita Livshy		
If you are requesting 2020 funding to hire a consultant, is that person a current Stockton employee?	<input checked="" type="radio"/> Yes, currently paid as a <input type="radio"/> Faculty <input type="radio"/> Staff <input type="radio"/> TES <input type="radio"/> No		
Will you need 2020 funds for immediate use to begin your project?	<input type="radio"/> Yes, Date Needed: <input checked="" type="radio"/> No		

Additional Support Questions

Will your project require support from Information Technology Services?	<input type="radio"/> Yes <input checked="" type="radio"/> No		
If so, please provide details:			
Will your project require support from Plant/Facilities & Construction?	<input checked="" type="radio"/> Yes <input type="radio"/> No		
If so, please provide details:			

Supervisor Approval/Support

Have you discussed your 2020 proposal with your supervisor, director, and/or dean and received their support?	Yes, the abstract was shared on 2/19/19		
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^ Please note: proposers who are working on this question may be required to submit additional documentation to support their response.

CC: Dean/Director/Supervisor