## **2020 Initiatives Abstract Form**

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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 Fund

Thank you for your interest in submitting a bru-mai to the

Please complete this form, save it to your hard drive, and the same it a constitution and the same it as a co

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

- University-withe mystic
- Clearly addressing one of the four LEGS themes from the 2020 strategic plan
- Specific budget details provided
- Realistic outcomes ide idfied
- Assessment สางออนเดราะอย่าในสา

# Pleasesse riousider followingupe oties o oostas neuro

# University-wide Objective(s)

- Does your proposal clearly address an issue relevant to your selected "primary strategic (LEGS) theme"?
- Wnat specifically do you wish to accomplish with your project?
- How will Stankton casa. Wrode, Internstit?

## Expected Resulting

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Title of Project	
Project Leader	M. Alysia Mastrangelo
LEGS Initiative Team Coach	Awiina Coinn and John Smith
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The tables below allow for summaries of about 350 words. Additional information can be included as an attachment.

### Narrative Summary of Ru

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### Assessment Plan: What are your annience

## Participants win

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- 2 try a minimum of 2-3 new healthy foods throughout
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- 4. Gradusius and in the comfort in working with shildren with ASD, as measured by Secietal Attitudes towards.

  Autism Skill guestionnaire.

#### Measure

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

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