

Vols HELP: Creating Kinder, Healthier, and More Confident Students

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CREATE A CLIMATE FOR CHANGE

THE PROBLEM

Healthy living is an interdisciplinary and multi-faceted issue, encompassing concepts such as nutrition, mental health, physical activity, emotional wellbeing and character development. In the United States today, children and adolescents are generally lacking the education they need to adequately learn many of these concepts. There is currently no education program in Knox County that encompasses all of these issues.

THE RESEARCH

- ✦ Tennessee ranks #1 in overweight and obesity rates among children ages 10-17
 - ✦ 38%
- ✦ The state of Tennessee does not impose regulations on the amount of time students spend at physical education or recess.
- ✦ The Tennessee Board of Education describes character development as a “collaborative effort between home, school and community.” However, many students in Knox County do not have a stable home to return to in order to complete this collaborative effort

THE VISION

To create an environment where participation in sport empowers children to lead kinder, healthier, and more confident lives.



ENGAGE OTHERS

PROJECT VALUES

Knowledge
Health and Wellness
Inclusion
Confidence

THE MISSION

Provide teachers and leaders with the resources they need to convey all aspects of healthy living to their students in a way that is accessible to their young minds, both in school and at home.



ACHIEVING THE MISSION

- ✦ Streamline and standardize the curriculum for the Vols HELP program, an initiative that promotes healthy eating, living, and playing among students of the Knox County Community Schools.
- ✦ Mobilize a collaborative effort between the division of Student-Athlete Development, student-athletes, UT faculty and staff, and community partners to design a curriculum encompassing all aspects of wellness
- ✦ Work with a Student-Athlete Advisory Board of five Vols HELP facilitators to develop and implement the new curriculum

IMPLEMENT AND SUSTAIN THE CHANGE

UNIFYING VISIONS

My personal vision for the world is that it will become an environment that promotes shared and mutual learning across all walks of life, especially in an effort to conquer healthy disparities worldwide. In working toward this vision, my project has allowed me to lead up, down, and across to members of the Knoxville community, and make wellness a priority in after-school enrichment programs.

FINAL PROJECT STATUS

- ✦ Twelve new lessons plans address the following aspects of wellness in schools:
 - ✦ Confidence and Bullying
 - ✦ Disability and Diversity
 - ✦ Healthy Coping
 - ✦ Healthy Eating
 - ✦ Sportsmanship and True Competition
 - ✦ Staying Active
- ✦ With this streamlined curriculum, student-athletes were better equipped to teach their lessons, and the program has spread to additional schools and after-school programs in Knoxville.
- ✦ New curriculum was implemented this spring, and will be improved and expanded for the fall semester.

FUTURE PLANS

- ✦ I plan to meet with Vols HELP facilitators before the end of the semester to gain feedback and improve the curriculum for the fall
- ✦ Continue to spread the curriculum throughout Knox County and the state of Tennessee.

References:

- ✦ “Character Education.” *Health and Safety*, Tennessee Department of Education, Janssen, Ian, et al. “Associations Between Overweight and Obesity With Bullying Behaviors in School-Aged Children.” *Pediatrics*, vol. 113, no. 5, May 2004, pp. 1187–1194., www.personal.psu.edu/students/s/e/seb302/janssen.pdf.
- ✦ Smith, Kayla; Hendricks, Erin. “Goals for Girls - Model Practice.”
- ✦ “The State of Obesity in Tennessee.” *The State of Obesity*, Trust for America's Health and Robert Wood Johnson Foundation, Aug. 2017, stateofobesity.org/states/tn.