

# Enhancing Physical Education using the Heart Zones System: An Emerging Partnership between CSU, Fresno and Fresno Unified SD Nicole J. Smith, PhD, Michele Pacheco, MA, & Cassandra Joubert, ScD

## Background

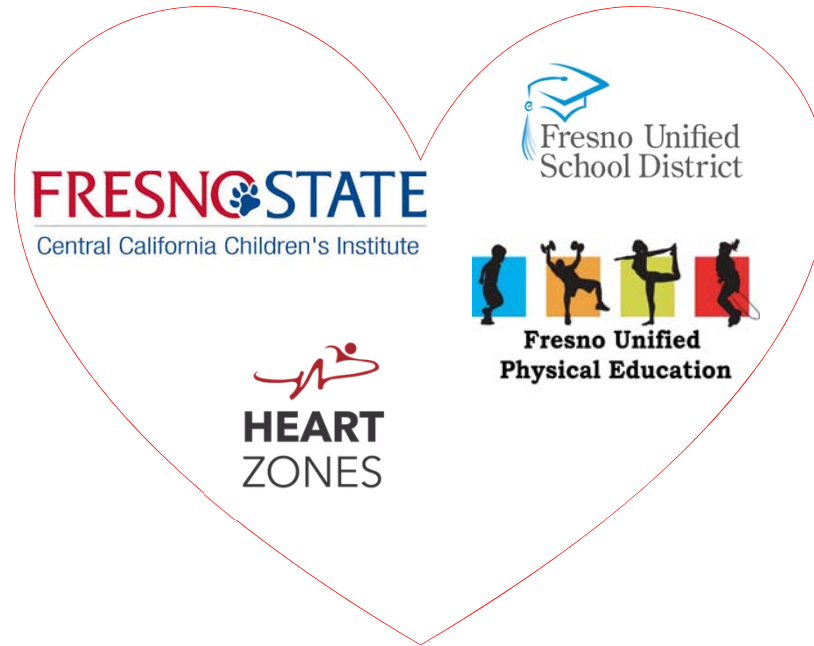
It takes a village to raise healthy children. Community-based partnerships between the university and K-12 schools have value.

## Purpose

Our purpose is to describe an emerging partnership between the Central California Children's Institute and Fresno Unified School District (FUSD).

## Vision

- We will enhance teaching and learning in physical education by implementing the Heart Zones System.
- We will foster positive youth development through the achievement of physical fitness.



## Milestones

- Teachers participated in a Heart Zones System demonstration workshop in Spring 2019.
- Thirty-five teachers completed surveys after participating in the workshop.

## Lessons Learned

- All respondents thought the information was useful
- Most of teachers (69%) were interested in implementing the Heart Zones System

## Next Steps

- Secure grant funding
- Form an implementation team
  - University faculty and students
  - Teachers and administrators
- Finalize protocols for using the Heart Zones System in indoor and outdoor settings
- Prepare future workshops to help teachers enhance teaching and learning in PE and maximize utilization of the Heart Zones System