



at The Ohio State University®

**Technical Report:
LiFEsports Survey Tools**

**The *LiFEsports* Initiative
College of Social Work
The Ohio State University**

**LiFEsports Survey Tools
Staff and Parent Support for Health and Fitness**



THE OHIO STATE UNIVERSITY
COLLEGE OF SOCIAL WORK

Updated: Fall 2018

Staff and Parent Support for Health and Fitness

I. Definition of Construct

Support for health and fitness is defined as the perceived degree to which significant adults encourage youth to engage in healthy behaviors. While there are many potential “healthy” behaviors, the focus of this scale is on physical activity and healthy eating, as these health-related behaviors are embedded into the LiFE*sports* curriculum. Similarly, there are a variety of types of social support that have been shown to impact the health-related attitudes, beliefs and behaviors of recipients (see Lox, Martin Ginis, & Petruzzello, 2010). The items in this scale tap a generalized dimension of support - namely encouragement from camp counselors and parents.

II. Relevance for Practice

Adults leading physical activity and healthy eating habits contribute to youth habits as well as overall health and well-being. Physical activity levels are disproportionately low for minority youth who already face a multitude of challenges (Basch, 2011). In meta-analyses of PYD findings strong adult support, including parents, teachers, coaches, and other sport staff fostered relationships that promote social environments for successful PYD (Holt et al., 2017; Gould & Carson, 2011). Sport, community, and school contexts can support youth in developing increased level of physical activity and healthier eating habits. Adults across settings are crucial to facilitating PYD and supporting health and fitness in youth.

III. Scale Description and Instructions

A. Items

1. My LiFE*sports* group counselor encourages me to play sports.
2. My LiFE*sports* group counselor encourages me to exercise.
3. My LiFE*sports* group counselor encourages me to eat healthy foods.
4. My parent(s) encourage me to play sports.
5. My parent(s) encourage me to be physically active.
6. My parent(s) encourage me to eat healthy foods.

B. Response Options

1. = Not at all true
2. = A little true
3. = Somewhat true
4. = Pretty true
5. = Really true

C. Instructions for Respondents

Please read each statement and decide if the statement is “not at all true” for you, “a little true” for you, “somewhat true” for you, “pretty true” for you, or “really true” for you. Fill in the circle that best shows your answer.

D. Instructions for Scale Administrators

Once each student has a survey, explain that the purpose of the survey is to learn more about how others encourage him or her to engage in healthy behaviors. They should mark one answer per statement, selecting the choice that best reflects how they feel.

IV. Scoring Procedures

An average of the response scores from the three group counselor items should be calculated and used as an indicator of staff support for health and fitness, with higher scores reflecting greater levels of support. Similarly, an average of the responses from the three parent items should be used as an indicator of parent support for health and fitness.

V. Psychometric Properties of the Scale

The Staff and Parent Support for Health and Fitness Scale was originally developed for use in a sport-based positive youth development program to assess youths' perceptions of the encouragement they receive from their camp counselors and parent to engage in healthy behaviors.

The factor structure of the scale was tested using data from 405 *LiFE.sports* camp participants. Overall, the results of the confirmatory factor analysis suggest that the 6-item version of the scale possesses reasonable factorial validity. Specifically, results show that a model specifying that three staff items and the three parent items load on separate, correlated latent factors fits the data well based on common criteria used to evaluate model fit. Further, all items significantly ($p < .05$) load on their respective latent effort factor. For staff support, the completely standardized factor loadings ranged from .73 - .88 and squared multiple correlations ranged from .53-.78. For parent support, the completely standardized factor loadings ranged from .78 - .85 and squared multiple correlations ranged from .61-.72. The correlation between the latent staff and parent support factors was .63. The internal consistency of each of the support scales was strong (staff $\alpha = .82$; parents $\alpha = .85$), suggesting the subscales are reliable.

VI. Summary

The results of the psychometric testing indicate support for the Staff and Parent Support for Health and Fitness Scale to measure encouragement for engaging in healthy behaviors for practice and research youth development initiatives.

VII. Recommended Citation of Scale

When using the Staff and Parent Support for Health and Fitness Scale for program evaluation or research purposes, please use the following citation:

Anderson-Butcher, D., and Amorose, A. (2017). Staff and Parent Support for Health and Fitness Scale. Community and Youth Collaborative Institute, College of Social Work, Ohio State University. <http://cayci.osu.edu/surveys/lifesports-survey-tools-technical-reports/>

References

- Basch, C. E. (2011). Physical activity and the achievement gap among urban minority youth. *Journal of School Health* 81(10): 626-634.
- Gould, D. o& Carson, S. (2011). Young athletes perceptions of relationships between coaching beahviors and developmental experiences. *International Journal of Coaching Science*, 5(2), 3-29.
- Holt, N., Neely, K., Slater, L., Camire, M., Cote, J., Fraser-Thomas, J., ... & Tamminen, K. (2017). A grounded theory of positive youth development through sport based on results from a qualitative meta-study. *International Review of Sport & Exercise Psychology*, 10(1), 1-49.
- Lox, C., Martin Ginis, K. A., & Petruzzello, S. J. (2010). *The psychology of exercise: Integrating theory and practice*. Holcomb Hathaway: Scottsdale, AZ.

LiFE*sports* is a university-wide Initiative at The Ohio State University focused on promoting quality youth development experiences through sport, recreation, and play. For more information, please visit our website at: www.osulifesports.org or contact us at LiFESports@buckeyes.ath.ohio-state.edu