



2015

PROGRAM EVALUATION

ARIZONA SCHOOL DISTRICTS

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**Exhibit 1
Operation Tone-Up
2015 Program Evaluation
Arizona Schools**

Mean Score Improvement & Percentage Improvement by Classroom

School	Classroom	Student Count*	Knowledge of Nutrients		Push-Ups		Sit-Ups	
			Mean Change	Mean % Change	Mean Change	Mean % Change	Mean Change	Mean % Change
Copper Trails	Vandenburg	26	2.38	70.5%	16.54	190.0%	25.00	138.9%
	Ploium	28	2.68	76.5%	14.91	129.4%	33.57	252.3%
	Quintero	28	3.04	88.5%	11.22	81.9%	18.17	107.2%
Copper Trails Total		82	2.71	78.7%	14.26	126.5%	25.57	158.7%
Sunset Vista	Medina	67	11.21	240.7%	8.27	98.8%	8.93	125.6%
Sunset Vista Total		67	11.21	240.7%	8.27	98.8%	8.93	125.6%
Moon Mountain	Clement	24	5.54	211.1%	9.67	113.7%	18.46	129.5%
	Curtis	22	5.14	154.8%	6.78	103.3%	19.43	155.7%
Moon Mountain Total		46	5.35	180.9%	8.26	109.3%	18.94	141.5%
Mesquite Elementary	Sturdevant	24	4.17	107.5%	9.43	46.3%	13.65	48.8%
	Lucht	20	3.40	104.6%	10.35	59.7%	15.88	61.6%
	Godin	27	4.59	127.8%	15.27	89.4%	16.91	60.2%
	Flickinger	18	2.61	74.6%	8.77	49.1%	13.00	54.5%
Mesquite Total		89	3.81	106.6%	10.98	60.1%	14.76	55.8%
Grand Total		284	5.49	148.7%	10.68	88.4%	16.85	101.1%

Exhibit 2
 Operation Tone-Up
 2015 Program Evaluation
 Arizona Schools

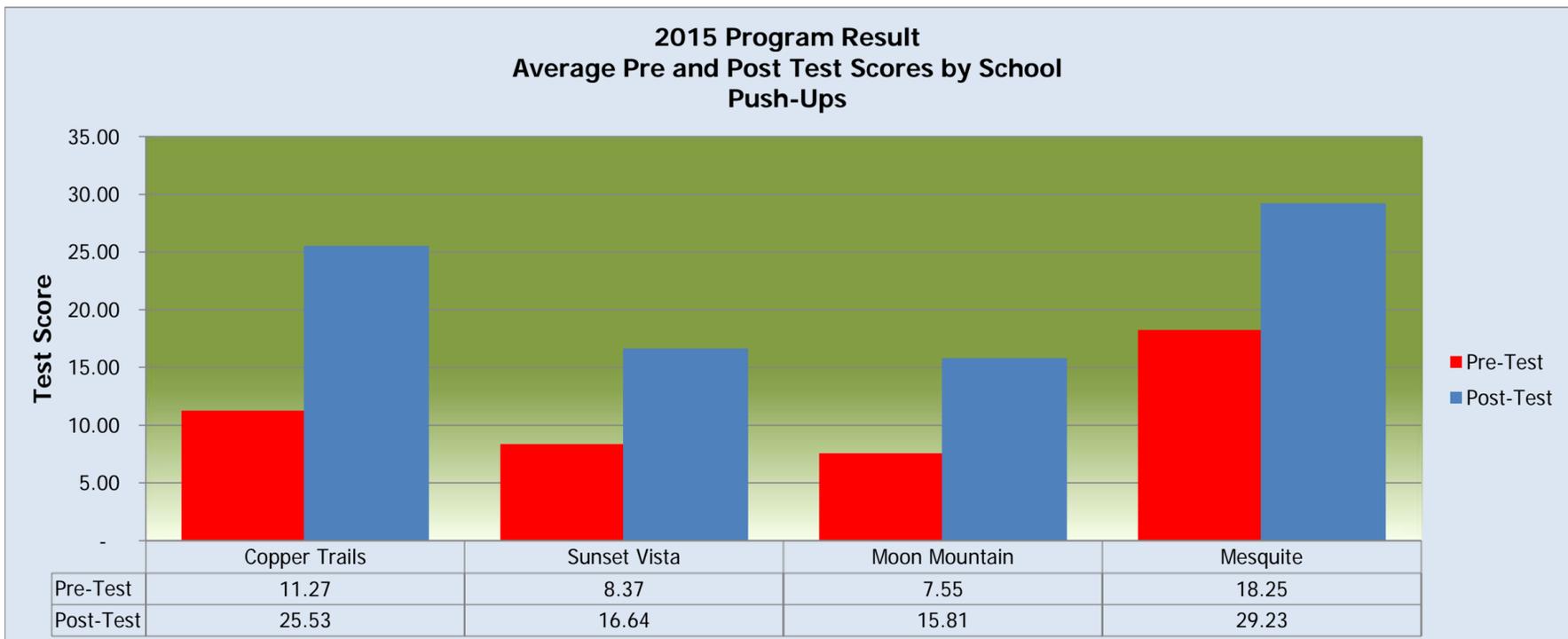
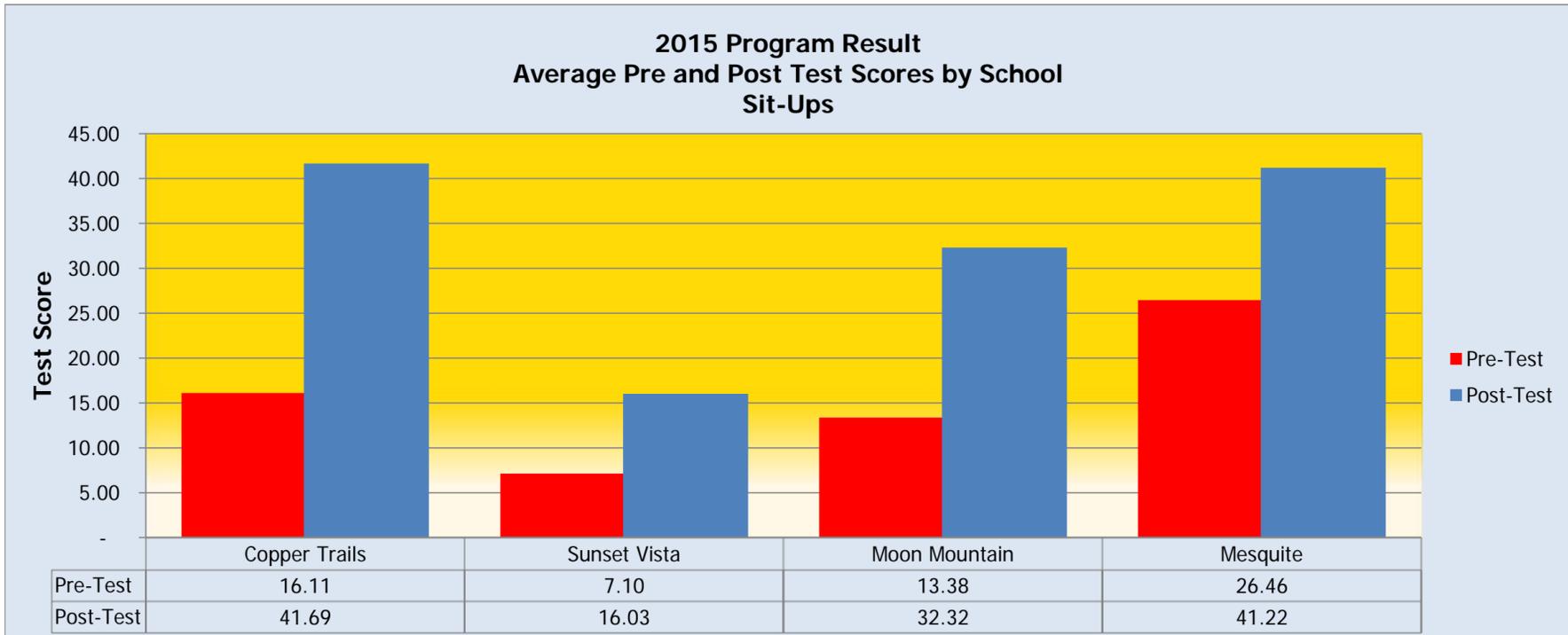
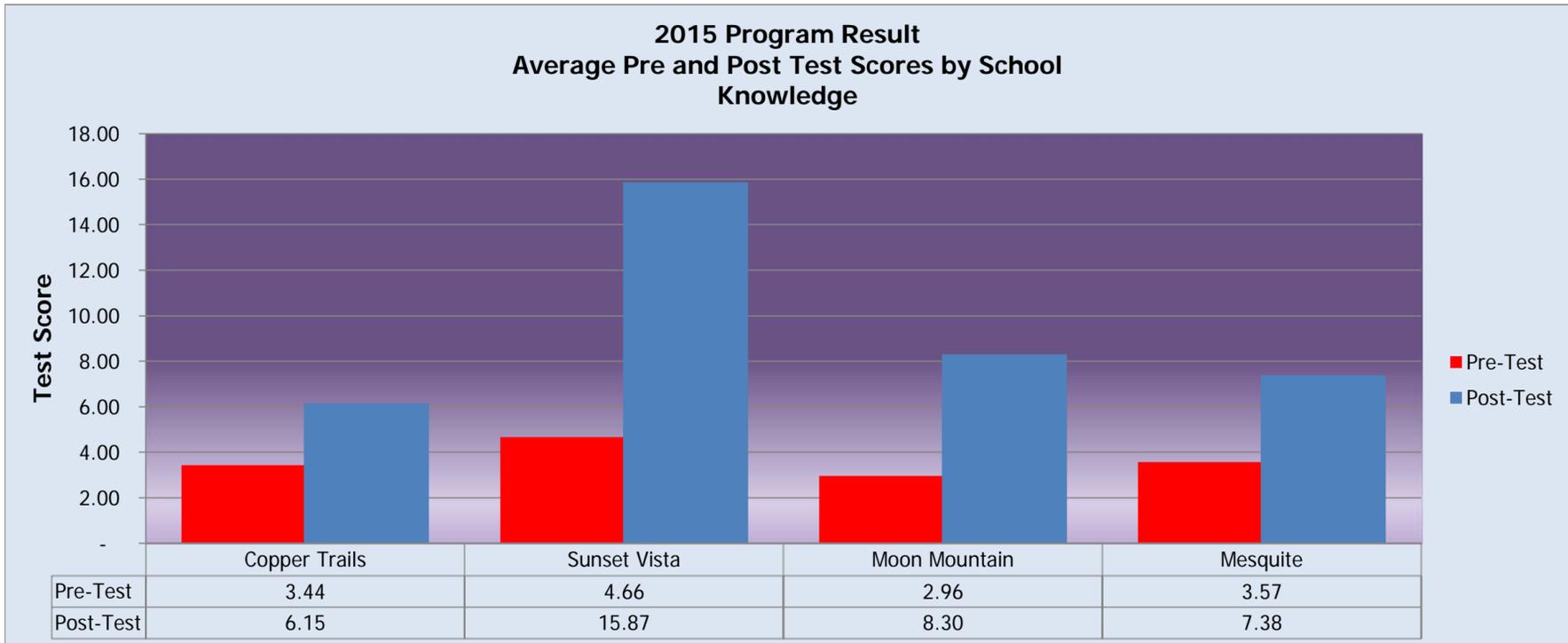


Exhibit 3
Operation Tone-Up
2015 Program Evaluation
Arizona Schools

2015 Program Results
Percentage of Students that Showed Improvement
By School

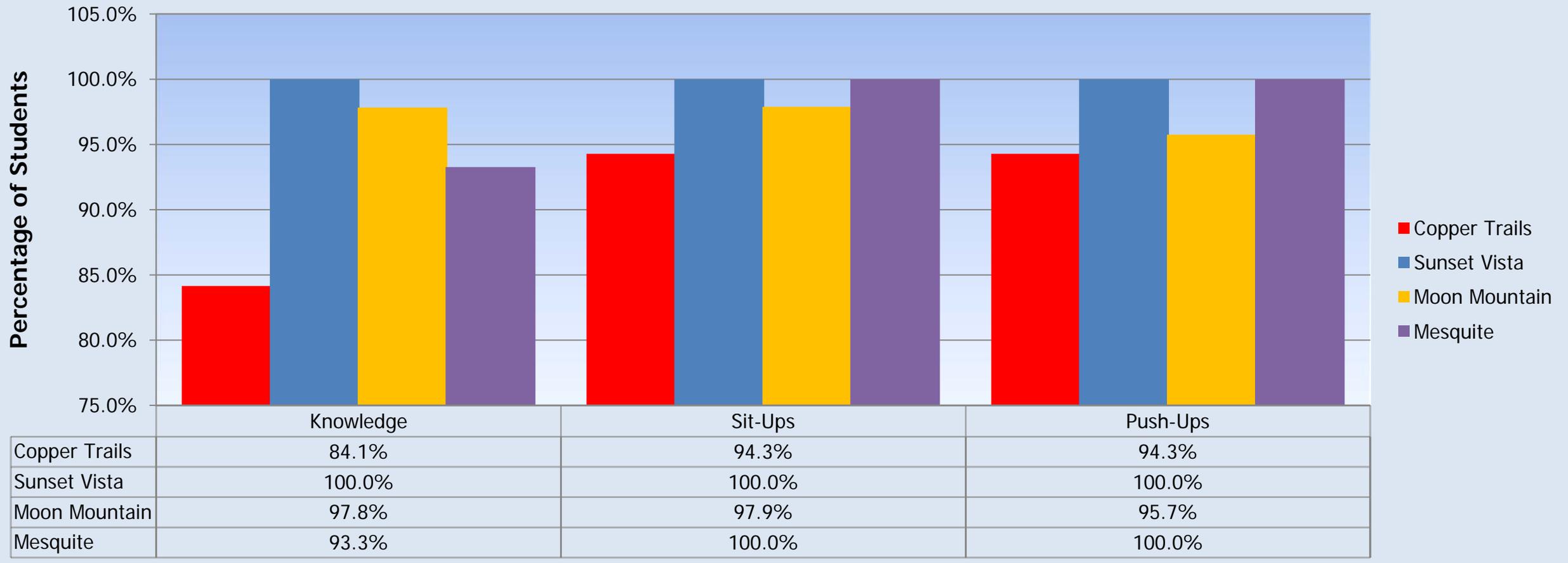


Exhibit 4
 Operation Tone-Up
 2015 Program Evaluation
 Arizona Schools

Pre & Post Test Scores for Knowledge of Nutrients

School	Classroom	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Copper Trails	Vandenburg	26	3.38	5.77	2.38	70.5%
	Ploium	28	3.50	6.18	2.68	76.5%
	Quintero	28	3.43	6.46	3.04	88.5%
Copper Trails Total		82	3.44	6.15	2.71	78.7%
Sunset Vista	Medina	67	4.66	15.87	11.21	240.7%
Sunset Vista Total		67	4.66	15.87	11.21	240.7%
Moon Mountain	Clement	24	2.63	8.17	5.54	211.1%
	Curtis	22	3.32	8.45	5.14	154.8%
Moon Mountain Total		46	2.96	8.30	5.35	180.9%
Mesquite Elementary	Sturdevant	24	3.88	8.04	4.17	107.5%
	Lucht	20	3.25	6.65	3.40	104.6%
	Godin	27	3.59	8.19	4.59	127.8%
	Flickinger	18	3.50	6.11	2.61	74.6%
Mesquite Total		89	3.57	7.38	3.81	106.6%
Grand Total		284	3.69	9.18	5.49	148.7%

Exhibit 5
 Operation Tone-Up
 2015 Program Evaluation
 Arizona Schools

Pre & Post Test Scores for Push-Ups

School	Classroom	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Copper Trails	Vandenburg	24	8.71	25.25	16.54	190.0%
	Ploium	23	11.52	26.43	14.91	129.4%
	Quintero	23	13.70	24.91	11.22	81.9%
Copper Trails Total		70	11.27	25.53	14.26	126.5%
Sunset Vista	Medina	67	8.37	16.64	8.27	98.8%
Sunset Vista Total		67	8.37	16.64	8.27	98.8%
Moon Mountain	Clement	24	8.50	18.17	9.67	113.7%
	Curtis	23	6.57	13.35	6.78	103.3%
Moon Mountain Total		47	7.55	15.81	8.26	109.3%
Mesquite Elementary	Sturdevant	23	20.39	29.83	9.43	46.3%
	Lucht	17	17.35	27.71	10.35	59.7%
	Godin	22	17.09	32.36	15.27	89.4%
	Flickinger	22	17.86	26.64	8.77	49.1%
Mesquite Total		84	18.25	29.23	10.98	60.1%
Grand Total		268	12.08	22.76	10.68	88.4%

Exhibit 6
 Operation Tone-Up
 2015 Program Evaluation
 Arizona Schools

Pre & Post Test Scores for Sit-Ups

School	Classroom	Student Count	(a) Pre Test Mean Score	(b) Post Test Mean Score	(c) = (b) - (a) Mean Change	(d) = (c) / (a) Mean % Change
Copper Trails	Vandenburg	24	18.00	43.00	25.00	138.9%
	Ploium	23	13.30	46.87	33.57	252.3%
	Quintero	23	16.96	35.13	18.17	107.2%
Copper Trails Total		70	16.11	41.69	25.57	158.7%
Sunset Vista	Medina	67	7.10	16.03	8.93	125.6%
Sunset Vista Total		67	7.10	16.03	8.93	125.6%
Moon Mountain	Clement	24	14.25	32.71	18.46	129.5%
	Curtis	23	12.48	31.91	19.43	155.7%
Moon Mountain Total		47	13.38	32.32	18.94	141.5%
Mesquite Elementary	Sturdevant	23	28.00	41.65	13.65	48.8%
	Lucht	17	25.76	41.65	15.88	61.6%
	Godin	22	28.09	45.00	16.91	60.2%
	Flickinger	23	23.87	36.87	13.00	54.5%
Mesquite Total		85	26.46	41.22	14.76	55.8%
Grand Total		269	16.66	33.51	16.85	101.1%

**Appendix A
 Operation Tone-Up
 2015 Program Evaluation
 Statistical Tests
 Arizona Schools**

Test and Confidence Interval for Paired t-Test

Program Indicator	Sample Size	Mean	Standard Deviation	Standard Error Mean	Paired t-Statistic	Degrees of Freedom	P-Value (less than)	99.8% Confidence Interval of Difference	
								Lower	Upper
Knowledge of Nutrients	284	5.486	4.099	0.243	22.554	283	0.001	4.727	6.245
Sit-Ups	269	16.851	14.843	0.905	18.620	268	0.001	14.027	19.676
Push-Ups	268	10.679	8.324	0.508	21.002	267	0.001	9.092	12.266

Knowledge of Nutrients

H0: Mean Post Test Score is less than or equal to the Mean Pre Test Score

Ha: Mean Post Test Score is greater than the Mean Pre Test Score

The difference between the mean Pre Test Score and the mean Post Test Score was significant at the 0.001 level.

We reject the H0; there was sufficient evidence to conclude that the average score for Knowledge of Nutrients improved as a result of the Operation Tone-Up Program.

Sit-Ups

H0: Mean Post Test Score is less than or equal to the Mean Pre Test Score

Ha: Mean Post Test Score is greater than the Mean Pre Test Score

The difference between the mean Pre Test Score and the mean Post Test Score was significant at the 0.001 level.

We reject the H0; there was sufficient evidence to conclude that the average score for Sit-Ups improved as a result of the Operation Tone-Up Program.

Push-Ups

H0: Mean Post Test Score is less than or equal to the Mean Pre Test Score

Ha: Mean Post Test Score is greater than the Mean Pre Test Score

The difference between the mean Pre Test Score and the mean Post Test Score was significant at the 0.001 level.

We reject the H0; there was sufficient evidence to conclude that the average score for Push-Ups improved as a result of the Operation Tone-Up Program.