

# SNAP-Ed Toolkit

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## SPARK

### San Diego State Research Foundation

## Overview

SPARK has numerous evidence-based programs designed to improve health that target areas such as physical education, after school, early childhood and coordinated school health. SPARK aims to develop healthy lifestyles, movement knowledge, motor skills, and social and personal skills. SPARK programs include a package of highly active curriculum, training for teachers, extensive follow-up support and content-matched equipment that help to foster environmental and behavioral changes. SPARK curriculum is aligned with numerous state and national standards. **Target Behavior:** Physical Activity **Intervention Type:** Direct Education, Social Marketing, PSE Change

## Intervention Reach and Adoption

SPARK targets pre-K through 12<sup>th</sup> grade students. The program is designed to be implemented by teachers and recreation leaders in settings such as school physical education classes, recess, after school programs, and early child care settings. **Setting:** Child Care, School **Target Audience:** Preschool (<5 years old), Elementary School, Middle School, High School **Race/Ethnicity:** All

## Intervention Components

Each SPARK program includes a variety of components including project coordination from SPARK staff, curriculum containing lesson plans with hundreds of physical activities, training, content-matched equipment, assessment/evaluation tools, and lifetime follow-up support. SPARK also offers a SPARK Certification and units of college credit for completing 12 hours of SPARK training in a subject area. A variety of other resources and trainings to support program implementation including webinars, conferences/workshops, and an eNewsletter are also available. Those who purchase a SPARK curriculum set gain full access to additional content on [SPARKfamily.org](https://sparkfamily.org).

## Intervention Materials

Intervention materials include a curriculum manual with hundreds of different activities, a music CD,

SPARKfolio with additional resources and evaluation tools, and equipment needed to lead the activities in the SPARK manual. SPARKfamily.org provides access to additional resources, plus SPARK app. Information on how to order materials can be found here: <https://www.gophersport.com/curriculum/spark>

## Intervention Costs

SPARK Curriculum – the “what to teach” is available for \$149 – \$449 depending on the option selected – digital only (1 yr or 3 yrs) or digital (3 yrs) plus printed manual and music cd or digital (3 yrs) plus printed manual, music cd and folio box. All PE programs, After-School and Early Childhood program curriculum options include the SPARK App. SPARK Training/Staff Development – the “how to teach” is available as ½ day training (3 hrs), 1-day training (6 hrs) or 2-days training per program + travel costs. SPARK also offers an Online + Virtual Training (SPARKecademy Live) option. Training costs: \$1999-\$4699 is for a maximum 40 participants. Based on SPARK research, the gold-standard is the 2-Day training known as the Premium Program and each participants earns SPARK Certification as SPARK Certified Instructor status (this is different than a SPARK Certified Trainer) – the essential training needed or successful implementation. SPARK also offers online SPARK professional development (SPARKecademy) at \$39.95 per credit or \$539 for 16 credits. 16 credits = SPARK Premium Program. SPARK Equipment – the “tools to teach” available for purchase as a pack or individual items. Cost varies. SPARK does offer many FREE resources – sample lesson plans, 50+ professional development webinars, grant finder, & more.

## Evidence Summary

SPARK has been extensively evaluated and has had numerous publications present positive results. Evidence of achievement has been shown in a variety of areas, including:

- Physical activity
- Physical fitness
- Lesson context and teacher behavior
- Academic achievement
- Motor skill development
- Student enjoyment of the program
- Adiposity
- Long term effects/institutionalization
- <https://sparkpe.org/what-is-spark/>

A list of publications and research outcomes on SPARK can be found here: <https://sparkpe.org/publications/outcomes> **Classification:** Research-tested

## Evaluation Indicators

Based on the SNAP-Ed Evaluation Framework, the following outcome indicators can be used to evaluate intervention progress and success.

	<b>Readiness and Capacity – Short Term (ST)</b>	<b>Changes – Medium Term (MT)</b>	<b>Effectiveness and Maintenance – Long Term (LT)</b>	<b>Population Results (R)</b>
Individual	<a href="#">ST3</a>	<a href="#">MT3</a>	<a href="#">LT3</a>	

Environmental  
Settings

[ST5](#), [ST6](#), [ST7](#)

[MT6](#)

[LT6](#), [LT7](#), [LT8](#), [LT9](#), [LT10](#),  
[LT11](#)

Sectors of Influence

[MT12](#)

## Evaluation Materials

SPARK provides evaluation tools and consultation on their use to organizations purchasing a SPARK program.

Evaluation tools include:

- Formative/Needs Assessment
- Workshop Evaluation
- Program Evaluation
- Lesson Quality Assessments

Additional evaluation tools, such as tools for measuring moderate to vigorous physical activity and student assessments are also available: <https://sparkpe.org/standards/assessment-tools/>

## Additional Information

**Website:** The SPARK website (<https://www.sparkpe.org/>) includes a variety of resources including information on the different SPARK programs, webinars and training opportunities, grant finder, and ordering instructions.

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