

Research: Study 2

## Effects of the KID-FIT Program on Preschool-Age Children

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# Survey and Physiological Improvements

## Subjects:

Children ages two to five years old who attend Youth Services Daycare in Wheeling, WV. Parental consent was obtained for all participants in the study.

## Methods:

- Heart rate was measured using the right radial pulse
- Blood pressure was taken manually on the right arm using a pediatric sphygmomanometer
- The six minute walk test was conducted indoors around a perimeter of 88 ft
- Strength was recorded bilaterally for the biceps and quadriceps with a handheld pressure dynamometer
- Knowledge was assessed using the KID-FIT 103-point questionnaire based on picture application
- A repeated measures ANOVA and paired sample t-test were used to analyze the data

## Results:

The study determined that significant changes were made in blood pressure, heart rate, right quadriceps strength, and survey scores through participation in the KID-FIT program over one year when comparing pre-test and post-test data.

