

# WELNET

## ***Detailed Information:***

WELNET is an easy-to-use, customizable, web-based software application that was developed as a tool to allow educators to gather student health and fitness data and communicate the results to students, parents, school and district administrators, community members and researchers.

WELNET will simplify the process of gathering student fitness data while providing longitudinal data to a district. It allows your teachers and administrators to print individual and group reports and analyze results from any internet-enabled computer. WELNET also exports data in formats suitable for researchers and evaluators to analyze. There is never any hardware to purchase because Focused Fitness provides the hosting and support. There is never a new version of the software to purchase or install—all module enhancements are made available to all current users at no additional cost. You always own your data — we just host it for you while providing easy, reliable access to it!



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## ***Hardware/Software Requirements***

- Web-based, accessed from any location with an internet connection
- Can be accessed by students in any internet location: computer lab, district network, wireless system or from a home computer
- Supported operating systems: Windows, Macintosh, Linux
- Supported Browsers: Internet Explorer 6, 7, 8 & 9, Safari, Firefox
- No installation required — no “planned obsolescence of hardware/software every few years” — no computer server to purchase or software versions to install
- Telephone and e-mail support for all teachers and administrators available — no additional district technical support necessary

## ***Program Design***

- Simple, consistent user interface between all modules with minimal or no training required
- Usable by novice and experienced users
- Four view levels: district, building, teacher, student/parent level
- Data entered is reviewed on a consistent basis to ensure accuracy and validity

## ***Fitness Measurement Module***

- Fitness measurements and standards are customizable — districts may choose any combination of fitness measurements



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- Fitness measurements can be different for various grade levels
- Automatically calculated values can be included
- Pre, Goal and Post phases for fitness measurements
- Students can view their fitness scores and enter their own Goal values
- Standards can be minimum values, maximum values or a range of values
- Standards can be viewed on screen or printed on hard copy
- Fitness measurements can be marked as adapted scores

### ***Fitness Reporting***

- ***Fitness Measurement Reports*** — class reports, summaries by class, by teacher, by school and/or by district, historical reports by year
- ***Pre / Post Comparison Reports*** — class pre/post report, comparison report by class, by teacher, by school and/or by district
- ***Student / Parent Fitness Report*** — current year's data, historical data for each year participating, comparison to fitness standards, letter/text customized by customer with logo included
- ***Previous Score Report*** — view previous fitness scores of current students
- ***Grant Progress Reports*** — monitor progress required by many grants

### ***Cognitive Assessment Module***

- Designed to be used in concert with Five for Life curriculum
- Test and assess student understanding of health and fitness concepts
- Students can access assessments from any internet-enabled computer
- Multiple choice and true/false questions answered online are scored automatically
- Short answer questions can be viewed and scored easily
- View and print completed individual student tests taken online
- Ability to manually enter scores from hard copy assessments

### ***Assessment Reporting***

- ***Item Analysis*** — identifying collective comprehension or deficiencies
- ***Summary Report*** — view and print by class, by teacher and by assessment type



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- **View & Print Scores** — total points and percentage scores for each student's assessment

### **Behavioral Logs Module**

- Compile student data to demonstrate how daily choices and behaviors affect fitness, nutrition, sleep and hydration
- Support creation of individual fitness plans and student portfolios
- Parallels the Five for Life curriculum or can be used as a stand-alone resource tool
- Four log types: Nutrition, Activity, Hydration and Sleep
- Teacher activates student access and time frame of availability for logs
- Students can access logs from any location with any internet-enabled device

### **Behavioral Logs Reporting**

- **View & Print** — Individual student and class summaries
- **Automatic Calculations** — averages, classification totals, units of measurement

### **History**

- Historical data is available for teachers, students and administrators
- Scores move with students in the system, even as they change schools in your district

### **Surveys**

- Online surveys for students, committees and teachers
- Online workshop surveys for teachers
- Online efficiency surveys for School Health Advisory Board
- Online surveys for grant reporting

### **Administration**

- Automatic class roster import and updates on your schedule
- Manual class roster import and updates as needed
- Administrative users can add, remove and maintain user accounts if requested

### **Data Extraction**

- Data export/extraction in a format suitable for statistical analysis
- Extracted data can include fitness measurements, survey data, cognitive assessment data and behavior logs

## **Security of Data**

- Password protected login
- Access to class data regulated on a per-school or per-class basis
- Exported student data is encrypted before it is sent
- WELNET is backed up daily to ensure against loss of data
- Data security is ensured to meet HIPAA (Health Insurance Portability Accountability Act) and FERPA (Family Educational Rights and Privacy Act)
- You own your data — we just keep it safe



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*WELNET will provide you with a one-step solution to gathering and retrieving longitudinal student health and fitness data in a simplified internet-based approach. It includes measurement tools that allow your students to assess their fitness levels and gauge improvements through the use of periodic self-evaluation. Analyzing information in WELNET helps your students become aware of their behaviors and how the lifestyle choices they make can impact their current and future health and fitness.*

*Let WELNET help to collect and provide meaningful information in support of your efforts to protect and improve the fitness and health of our youth.*