

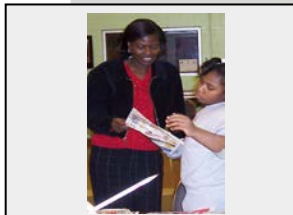
WHAT DO WE KNOW ABOUT P.A.C.E.?



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ABSTRACT

P.A.C.E. (Physical Activity/Tennis and Character/Health/Nutrition Education) is a service-learning project funded by *Tennis Serves*. This poster details how PACE has excelled at “growing the game of tennis” since 2009 by teaching over 1,019 minority, disadvantaged youth in Akron, Ohio. Quantitative and qualitative evidence gives support to the view that PACE is one of the best of its kind in the nation.



Children learn basic information about nutrition and health education

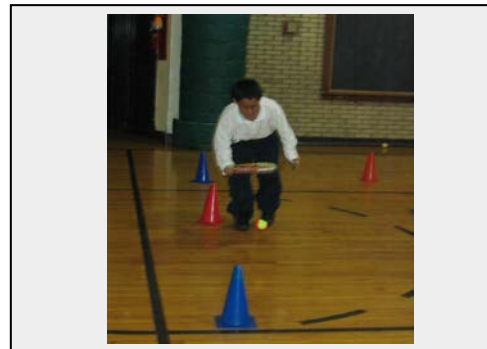


Children learn to play tennis.

LESSON PLANS

Adapted from Mohnsen, Bonnie S. (2008) *Teaching Tennis: A Standards-Based Approach for Grades 5-8*.

- History of Tennis in the 17th and 18th centuries (Quakers enjoyed bowling, golf, croquet, tennis, cricket)
- Tennis and Exercise Principles (Fitness, Intensity, Time, Type; note psychological benefits accrued from playing tennis)
- Tennis and Motor Learning (Compare to Wii tennis, rope skipping, handball, table tennis; opportunities in community to play tennis)
- Tennis Lessons (Skill Level Progression Varies)
 - Ball toss; hugging racket, grip, ready position; “sweet spot”; striking the tennis ball to self – palm up/down;
 - Drop ball, hit to wall, ball bounces back, alligator catch; bunt against the wall
 - Strike ball tossed by instructor, partner forehand, partner backhand; stations; rally; wall volley



A McEbright PACE student practices ball dribble.



Federal Government's Work Study students help teach PACE tennis and health education.

Learning tennis at Rankin Elementary School...



LOCATIONS

- Joy Park Community Center (Summer 2009, Summer 2010)
- Perkins Middle School (Fall 2010 - Spring 2011)
- McEbright Elementary School (Spring 2010)
- Rankin Elementary School (Spring 2010, Health Fair, Fall 2010, Spring 2011)
- Portage Path Elementary School (Spring 2010, Health Fair Spring 2010, Spring 2011)
- Forest Hill Elementary School (Spring 2010, Health Fair, Fall 2010, Spring 2011)
- Crouse Elementary School (Fall 2010)
- Helen Arnold Elementary School (Fall 2010)
- Lawndale Elementary School (Spring 2011)
- Pfeiffer Elementary School (Spring 2011)
- Firestone Park Elementary School (2011)



FINDINGS

QUANTITATIVE RESULTS

To determine the children's perception of the PACE experience, an end-of-program questionnaire was administered to 234 PACE participants. A summary of the results (percentages of respondents) from the questionnaires administered at PACE sites follows:

Did you enjoy the program?

Yes	88.2%	Sometimes	2.9%
Somewhat	5.9%	No	2.9%

Would you participate again?

Yes	75.2%	Sometimes	5.9%
Somewhat	4.0%	No	14.8%

Would you recommend PACE to your friends?

Yes	62.4%	Sometimes	17.8%
Somewhat	6.9%	No	12.9%

Did you like the tennis activities?

A lot	83.3%	A little	16.7%	Not at all	0%
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Did you like the other activities (healthy lifestyle)?

A lot	83.3%	A little	15.0%	Not at all	1.7%
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QUALITATIVE RESULTS

LETTERS FROM THE CHILDREN

Children reported that PACE tennis and education helped them

- Cope with feelings of anger
- Feel better about themselves
- Make new friends

PARTICIPANTS (N= 1019)

Joy Park (2009)	Boys 53	Girls 30
Joy Park (2010)	Boys 61	Girls 36
Rankin 4 th , 5 th	Boys 45	Girls 45
Portage Path	Boys 54	Girls 54
Forest Hill	Boys 26	Girls 25
Perkins 6 th	Boys 24	Girls 24
Perkins 7 th	Boys 24	Girls 21
Perkins 8 th	Boys 25	Girls 23
Crouse	Boys 15	Girls 13
Forest Hill	Boys 57	Girls 57
Helen Arnold	Boys 34	Girls 28
Rankin (Monday)	Boys 40	Girls 32
Rankin (Tuesday)	Boys 17	Girls 10
Rankin (Wednesday)	Boys 24	Girls 16
Forest Hill (Thursday)	Boys 30	Girls 33
Forest Hill (Friday)	Boys 21	Girls 22

Thanks to Collaborators

- The University of Akron (Sport Science & Wellness: Deanne Reynolds; Federal Work Study: Gwen Jenkins)
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