iSOFIT App for iPad

(System for Observing Fitness Time)

QUICKSTART GUIDE 1.0
(for iSOFIT Version 1.01; date 2.8.16)

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(With help of other TEAM members; see iSOFIT app *ABOUT* section)

DISCLOSURE: This QUICKSTART GUIDE provides information for the **introductory version of iSOFIT** that is designed for testing in real-world settings. Numerous enhancements and adaptations are planned, including the ability to export data to excel files. Check the App Store frequently for upgrades. To help us improve iSOFIT, feel free to provide us feedback via e-mail.

iSOFIT APP PURPOSE: To enable the efficient entry, summary, and downloading of SOFIT data. This version provides for the pacing of observations and immediate data summaries for identified variables.

SOFIT INSTRUMENT PURPOSE: To assess the effectiveness of physical activity instructional environments. SOFIT provides simultaneous objective data on student/athlete physical activity levels, the lesson/session context in which they occur, and how teachers/instructors/coaches interact regarding promoting physical activity and fitness during physical education, exercise classes, and sport practices.

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iSOFIT PROCEDURES

1. **Download** iSOFIT from the App Store.
   https://itunes.apple.com/us/app/isofit/id994745463?mt=8

2. **Open** iSOFIT.

3. Adjust **SETTINGS**. Most will want to start with "Speech Assistant" on. During field recording use a single earphone (listen to the instructor with the other ear). A default "Observer Code" can be defined to automatically associate new observations with it (optional).

4. **Organize**.
   Enter information for PROJECTS and SITES
   For NEW PROJECTS (press +). Enter PROJECT CODE and PROJECT DESCRIPTION. Select up to 4 major **Phases**/Variables (PA and SC are automatically included; Instructor interaction and Instructor Involvement are optional).
   Adding a new SITE (press +) with the previously created PROJECT selected will associate the SITE with the PROJECT.

5. **New Observation**. (Step 1 of 14)
   Select a project (roll screen) (Step 2 of 14)
   Select a site (roll screen) (Step 3 of 14)
   Select a grade (roll screen) (Step 4 of 14)
   Select subjects. Identify 5 representative target people (one as a replacement). (Step 5 of 14)
   Identify the gender of each target (notice **gender icons** when entering data later). (Steps 6 to 9 of 14)

Prepare to observe. Press "**Next**" to start observing in 3 seconds. (step 10 of 14)
Observing the first target person for 10 seconds; record when prompted. Follow the rotation identified in the SOFIT Protocol (i.e, 4 min for each target)

Notice: **Timer countdown** for both observing and recording.
Notice: Time Elapsed and "Total Iterations/intervals. (near top of screen)
Notice: **Labels** of the main variable categories (PA, Session Context, Instructor Interaction)

Notice: **Pause/resume** button. (top left of screen)
Notice: **Pacing cues** (10 seconds observe/record intervals; using both audio and on screen prompts)
Notice: **Gender** of target person, with number of observed intervals. (lower screen)

Press 1, 2, 3, 4,or 5 to enter the **Physical Activity** level of the target person (occurring at **end** of observe interval)
Press M, K, F, S, G, or O to enter **Session Context** data (occurring at **end** of observe interval)

If selected (i.e., optional):
Press I, O, or N to enter **Instructor Interaction** (occurring **during** observe interval). N is the default.
Press P, D, I, M, O, or T to enter **Instructor Involvement** (occurring **during** observe interval).

7. Press **Finish** (upper right) to end observation session.

8. Specify if the data are a '**reliability'** observation. (Step 12 of 14)

9. Enter Instructor ID and gender and Observer ID. (Step 13 of 14)

10. Press **Done**. (Step 13 of 14)

11. Press "**Dashboard**" (far left on screen); data summaries will appear in bar charts.

   Summary % of Intervals and **Summary Minutes** are presented for Physical Activity and Session Context.

   For Instructor Interaction and Instructor Involvement, only **Summary % of Intervals** is shown. (Minutes are not possible using partial-interval recording.)

   Press on **main variable labels** (near top). Sweep laterally to change from % to minutes.

   Notice: **MVPA% by Session Context** = Sum of PA levels 4 and 5 / intervals for a specific context.

   Notice: **Session Length/Total Intervals**. (view changes by touching lower left rectangle)

   Notice: **Session EER/Session TEE**. (view changes by touching lower right rectangle)

SOFIT CODING CATEGORIES/PHASES
(see SOFIT Protocol for details)

Phase 1. Target student's physical activity level (at the end of the observe interval).
      (1) Lying down
      (2) Sitting
      (3) Standing
      (4) Walking
      (5) Vigorous

Phase 2. Session context.
Code how time is being allocated for the class//team/group as a whole (at least 51% of the students) at the **end** of the observe interval?

Choices:

General content (**M**)	Knowledge content (**K**)	Motor content
transition	physical fitness	fitness (**F**)
management	general knowledge	skill practice(**S**)
break	rules, strategy	game play (**G**)
	social behavior	other (**O**)
	technique	

Phase 3. Teacher interaction. (Physical Activity Promotion)
Did the instructor promote physical activity, fitness, or motor skills during the interval? (Select one)
  Choices: Promotes in-class physical activity, fitness, or motor skills (**I**)
               Promotes out-of-class physical activity, fitness, or motor skills (**O**)
               No, does not promote in- or out-of-class physical activity, fitness, or motor skills (**N**)

Phase 4. Teacher involvement. (General, The Original Teacher Behavior Categories)
What is the instructor doing? (Hierarchy, see SOFIT protocol)
  Choices:
    (**P**).   promotes fitness (prompts, encourages, praises, etc.)
    (**D**).   demonstrates fitness (models)
    (**I**).   instructs generally
    (**M**).   manages
    (**O**).   observes
    (**T**).   other-task

SOFIT OBSERVER TRAINING VIDEOS (free access)

McKenzie, T. L. (2009, March). *System for Observing Fitness Instruction Time (SOFIT): Introduction and Coding Lessons*. (93 minute DVD). San Diego State University, San Diego, California. (T. McKenzie, writer, producer, narrator; D. Graves, editor)

Dr. Michael Kanters has made the viewing and downloading of both the SOFIT and SOPLAY/SOPARC DVD segments available for FREE from North Carolina State University's ITUNES U site. (iTunes is required to view and/or download material):

http://itunes.apple.com/us/itunes-u/soplay-soparc-3-assessment/id529513043?i=115757894

The video has four segments:
> Segment One (15 min) introduces SOFIT and provides examples for the three main categories: student activity, lesson context, and teacher behavior.
> Segment Two (14 min) presents clips for coding while receiving immediate feedback on the screen.
> Segment Three (19 min) is designed for observers to practice coding quickly. Answers to these clips from two lessons are in the protocol.
> Segment Four (45 min) shows clips from four sample lessons. Answers to these are provided by Dr. McKenzie to certified trainers only. This procedure permits observers within certified projects to be compared to a "gold standard" and to be assessed over time.

ADDITIONAL SOFIT/SOPLAY VIDEO (free access)

McKenzie, T. L., & Lounsbery, M. A. (2015, June 20). *Using Systematic Observation to Research School Physical Education and Physical Activity Programs.* Research webinar (65 minutes), sponsored by Active Living Research, Robert Wood Johnson Foundation. Archived at http://activelivingresearch.org/using-systematic-observation-research-school-physical-education-and-physical-activity-programs. Also available on YouTube (65 minutes): https://www.youtube.com/watch?v=k9RTbgH8bB8

The presentation: (a) identifies the importance of using direct observation to assess physical activity and its contexts in schools; (b) discusses common research topics associated with using this methodology, including IRB approval, validity, reliability, observer training and maintenance, using video, and selecting the appropriate unit of analysis; (c) Identifies the location of free written and video resources for research protocols and observer training; and (d) provides advanced information on two observation systems used widely in schools--SOFIT and SOPLAY.

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iSOFIT is a production of CIAFEL
(Research Centre in Physical Activity, Health and Leisure)
University of Porto, Portugal.
http://ciafel.fade.up.pt

CIAFEL also produced iSOPARC, an iPAD app for useful for entering, summarizing, and downloading SOPLAY and SOPARC data.

iSOPARC is available free at the App Store.
https://itunes.apple.com/us/app/isoparc/id626580694?mt=8

SOPLAY and SOPARC Observer Training Videos are available at:
http://itunes.apple.com/us/itunes-u/soplay-soparc-3-assessment/id529513043?i=115757894