



SPARKPE: AFTER SCHOOL EXERCISE TO INCREASE ACADEMIC PERFORMANCE



Purpose

ASC 3191: SparkPE is an internship course designed for students to lead weekly exercise classes for schoolchildren enrolled in the After School Adventures Program at Newark City Schools. Research shows that exercise mitigates the symptoms of ADHD and improves academic performance, sometimes dramatically, in all populations. Students in the course are trained in the SPARK After School Curriculum to implement a successful exercise program. This curriculum incorporates exercise classes and games, along with teaching the importance of healthy lifestyles.

Impact

Newark Campus Students use Spark curriculum to get youth engaged in exercise by leading weekly after school classes.

“SparkPE has been one of the most rewarding things that I have done in my time at Ohio State Newark. Getting to know the kids and watching them succeed and grow has been amazing. Hearing them talk about how exciting exercise is has been so satisfying. We had so much fun and I can’t wait to begin working with them again next year.”

-Heidi Smith
Ohio State '15

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