

# **ExerSHINE Kids® POWER Bootcamp Program Fidelity Measure**

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## **Purpose**

- The purpose of this fidelity measure is to ensure standardized delivery of the ExerSHINE Kids® POWER Bootcamp program based on the ExerSHINE Kids® framework developed by Dr. Amy Wheadon.

## **Objectives**

- Demonstrate that the group intervention is informed by occupational therapy (OT) theoretical frameworks.
- Document how the group intervention is representative of the ExerSHINE Kids® theoretical framework.
- Clearly outline the essential theoretical and procedural components of the intervention.
- Provide a resource to monitor the delivery of intervention in a multi-site efficacy study or randomized controlled trial.
- Differentiate ExerSHINE Kids® from other OT interventions.

## **Use of Measure**

- Form 1: Structural Fidelity
  - An objective review of the following session content:
    - Instructor credentials
    - Available equipment
    - Physical space
    - Safe environment
    - Protocol content
    - Feedback to parents/guardians
    - Other session characteristics
- Form 2: Procedural Fidelity Form
  - Observation of a 45-minute group session.
  - A subjective analysis of the intentional therapeutic strategies employed by the therapist during the session.

## Structural Fidelity Form

The structure fidelity section of the checklist focuses on the *content* administered during a bootcamp session by the instructor. This section is more objective and focuses on the protocol components and necessary materials needed to complete an ExerSHINE Kids® group session.

**Scoring:** Each item is scored on a binary scale receiving 1 point for “yes” and 0 points for “no”. To determine the final score for the structure fidelity form, calculate the sum of all items scored divided by the total possible points.

### Instructor Credentials

	Yes	No
1. Instructor is a certified, licensed OT/OTA <b>OR</b> Instructor is a certified, licensed PT/PTA or SLP/SLPA working in collaboration with a licensed OT/OTA		
2. Instructor is certified in ExerSHINE Kids® POWER Bootcamp Program		
<b>Must answer yes to BOTH to continue</b>		

### Available Equipment

<i>Similar items may be substituted, not all equipment has to be actively used during every class/session</i>	Yes (1)	No (0)
1. Climbing structure <ul style="list-style-type: none"> <li>● At least one of the following: rock wall, ninja line, cargo net, warped wall, or playground structure</li> </ul>		
2. Medicine balls		
3. Tires		
4. Bosu® balls		
5. Stepping stones		
6. Floor balance beam		
7. Large cones		
8. Furniture sliders		
9. Multi-colored small cones		
10. Agility Ladder		
11. Set of hurdles		
12. Set of agility rings		
13. Scooter board		
<b>Total</b>	___ / 13	

### Physical Space

	Yes (1)	No (0)
1. Adequate space for high intensity exercise and a 15-20 step obstacle course  Note: High Intensity Exercise is defined as repeated bouts or bursts of high energy movement that: requires physical effort, activates muscles, and engages joints		
2. Quiet space adjacent to group room available as needed		
3. Flexible arrangement of materials to allow for variation in the configuration of the environment		
<b>Total</b>	___ / 3	

### Safe Environment

	Yes (1)	No (0)
1. Mats, cushions, and/or pillows available to pad floor and equipment		
2. Equipment is appropriate for child's size or adjustable as needed		
3. Equipment not being used is able to be moved/rearranged to remove as a potential hazard		
<b>Total</b>	___ / 3	

## Protocol Content

		Yes (1)	No (0)
Introduction/ Warm Up	1. Instructor introduces <b>theme of the week</b>		
	2. Instructor introduces the <b>body focus of the week</b> (core, balance, agility, or upper body)		
	3. Instructor introduces and demonstrates <b>exercise of the week</b>		
	4. Instructor introduces and demonstrates <b>self-regulation strategy of the week</b>		
	5. Instructor presents <b>group visuals</b> to participants		
	6. Instructor gives participants the opportunity to <b>share name &amp; age, answer a theme-related question, and select one visual card</b>		
	7. Instructor introduces and demonstrates each <b>static warm up exercise</b> (the exercises associated with the visual cards)		
Challenge Activity	8. Challenge activity consists of high-intensity physical activity  Note: High Intensity Exercise is defined as repeated bouts or bursts of high energy movement that: requires physical effort, activates muscles, and engages joints		
	9. Challenge activity incorporates the <b>theme</b>		
	10. Challenge activity is physically <b>demonstrated</b> by instructor		
	11. Challenge activity incorporates the <b>exercise of the week</b>		
	12. Challenge activity incorporates the <b>body focus on the week</b>		
Obstacle Course	13. Obstacle course consists of <b>15-20 steps</b>		
	14. Obstacle course <b>demonstrated</b> by instructor		

	15. Obstacle course incorporates opportunities for <b>proprioception, vestibular, and tactile input</b>		
	16. Obstacle course incorporates the <b>exercise of the week</b>		
	17. Obstacle course incorporates the <b>body focus of the week</b>		
Cool down / Goodbye	18. Instructor gives participants the opportunity to share <b>what they are proud of</b>		
	19. Instructor reviews the <b>exercise of the week</b>		
	20. Instructor reviews the <b>self-regulation strategy of the week</b>		
	21. Instructor reminds participants to complete the <b>home challenge activity</b> (completing the exercise of the week and strategy of the week at home in between sessions).		
<b>Total</b>		___ / 21	

### Feedback to Parents/Guardians

	Yes (1)	No (0)
1. Therapists communicates weekly with parents/caregivers regarding child's participation in weekly session		
<b>Total</b>	___ / 1	

### Other Session Characteristics

	Yes (1)	No (0)
1. Instructor utilizes an individual ExerSHINE Kids® protocol sequenced within an 8-week class session		
2. The class is approximately 45 minutes in length (+/- 5 minutes)		
3. The participants are performing high-intensity physical activity for <b>minimally</b> 30 out of 45 minutes (66.6% of the total class time) Note: High Intensity Exercise is defined as repeated bouts or bursts of high energy movement that: requires physical effort, activates muscles, and engages joints		
<b>Total</b>	___ / 3	

Instructor Credentials:

- **Must answer YES to BOTH to continue scoring the fidelity measure.**
  - **If you answer NO to either, stop scoring. The intervention does not meet the necessary criteria.**
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Available Equipment: \_\_\_\_/13

Physical Space: \_\_\_\_/3

Safe Environment: \_\_\_\_/3

Protocol Content: \_\_\_\_/21

Feedback to Parents/Guardians: \_\_\_\_/1

Other: \_\_\_\_/3

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**TOTAL: \_\_\_\_/44**

Maximum score = 44 pts.

Must score a minimum of 36 pts to meet structural fidelity criteria ( $\geq 80\%$ )

## Procedural Fidelity Form

The procedural fidelity section of the checklist focuses on the *manner* in which the instructor delivers the content of the protocol. This section is more subjective and focused on the underlying theoretical concepts that ExerSHINE Kids® is grounded in.

**Scoring:** Each item is scored on a Likert scale based on **how intentionally the group instructor facilitates each item (ExerSHINE Kids® therapeutic strategy) during the session.** The clinician scoring the measure should use their observation and clinical reasoning skills to interpret each item to the best of their ability. Each item is scored on a 4-point Likert scale (certainly, probably, doubtful, no) and associated with a certain point value. A sum for all items is calculated to determine the total procedural fidelity score. To calculate the total score, use the provided chart at the end of the document.



Item	Score	
<p>1. The instructor <b>facilitates opportunities for the participants to employ self-regulation strategies in response to increased dysregulation/arousal state.</b> (i.e. modulating sensory input, taking a break, deep breathing, getting a sip of water, providing deep pressure, using a fidget.)</p>	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred
<p>2. The instructor <b>arranges their body, the participant, and/or objects in the physical space to limit distraction, improve attention, and/or facilitate increased participation in the group.</b> (i.e. standing between child and an exit, seating child to face away from visual distractions.)</p>	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred
<p>3. The instructor presents opportunities during the obstacle course that <b>challenges participants working memory and sequencing skills</b> (i.e. at every bosu ball you do 3 burpees and at every stepping stone you do 2 squat jumps).</p>	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred
<p>4. The instructor presents opportunities during the group for <b>participants to practice pacing within specific activities</b> (i.e. 10 jumping jacks at the same pace as the instructor, first slow then fast)</p>	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred

	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred
5. The instructor presents opportunities during the group for <b>social interaction with peers</b> (i.e. sharing name & age, conversing with peer, working together on a task)	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred
6. The instructor helps facilitate the <b>establishment of group "rules"/expectations</b> (i.e. one person talking at a time, start/end activities at the same time, follow adult directions)	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred
7. The instructor facilitates activities that <b>challenge the participants praxis with novel physical movement</b> (i.e. conceptualize, plan, and execute new motor tasks)	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred
8. The instructor provides <b>meaningful feedback to participants on body position / quality of movement</b> during static and dynamic	3	Certainly, I think this intentionally occurred

exercises (i.e. hips lowered in plank position, jumping with two feet vs one)	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred
9. The instructor supports participants' motor planning/praxis by <b>breaking down complex physical movement or multi-step sequences into smaller parts.</b> (i.e. burpee broken down into jump, plank, pushup)	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred
10. The instructor <b>develops a therapeutic relationship with the group as a whole</b> (i.e. shows respect for all individuals in the group, responsive to signs of distress, creates an environment of trust and safety)	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred
11. The instructor <b>modifies activities in the moment to present a just-right-challenge to each participants</b> (utilizes clinical reasoning to grade activities up or down to maximize child's engagement in task)	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred

<p>12. Instructors <b>support rehab aides, interns, and/or class assistants in facilitating participant engagement.</b></p> <p>(Note: Any strategies/techniques utilized are determined and directed by the licensed therapist and their clinical reasoning, <b>NOT</b> the rehab aides/interns/assistants)</p>	3	Certainly, I think this intentionally occurred
	2	Probably, I think this intentionally occurred
	1	Doubtful, I don't think this intentionally occurred
	0	No, I don't think this intentionally occurred

**Scoring:**

(3) Certainly - 3pts

(2) Probably - 2pts

(1) Doubtful - 1 pts

(0) No - 0 pts

Score	# of items scored	Multiply # items by pt value	Total
(3) Certainly		x 3pts	=
(2) Probably		x 2pts	=
(1) Doubtful		x 1pt	=
(0) No		x 0pts	=

Maximum score = 36 pts.

Must score a minimum of 29 pts to meet procedural fidelity criteria ( $\geq 80\%$ ).

Total: