

IS-ACTIF

VALORIZATION PROGRAM

ADOPTING A HEALTHY AND PHYSICALLY ACTIVE LIFESTYLE IN SCHOOL

EVALUATION CRITERIA AND STANDARD EXPLANATION

– HIGH SCHOOL –



SPORT. ÉDUCATION. FIERTÉ.

RSEQ



NOTE :

The RSEQ offers this tool so that it can be used to inspire you every day.

Print a copy of this document and keep it close at hand so that you can note your activities, your thoughts, your questions and your ideas. But most of all, use it to record your results at the start and end of the year. This will help you track the progress of your school while also help you once it comes time to fill in your online evaluation form at the end of the year.

We hope that your joining the ISO-ACTIF program will allow your school to progress and refresh itself regularly. The ISO-ACTIF program is not an excellence program, but rather an evaluation tool that takes your situation into account and raises the awareness of decision makers at your institution.

With ISO-ACTIF certification, we hope to recognize and highlight your efforts in establishing activities, projects and ideas that will serve to inspire your students and colleagues each day to develop healthy lifestyle habits and then maintain them the rest of their lives.

DOCUMENT AS OF December 1, 2018.

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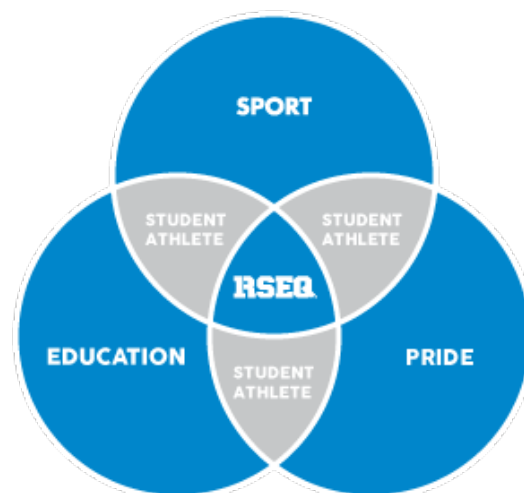
ISO-ACTIF PROGRAM OBJECTIVES

The ISO-ACTIF program is a tool for promotion, intervention and valuing of the healthy lifestyle supported by the RSEQ (Réseau du sport étudiant du Québec) since 2001. ISO-ACTIF is defined through a series of criteria that translate into activities that drive academic success and the development of a healthy lifestyle for our youth.

To this end, the criteria allows for the support of education and academic success through sport, the health of pride young people and aims to recognize schools that take action in favor of a healthy lifestyle aligned with the following elements:

1. Sports and physical activity
2. Healthy eating
3. Smoking prevention

ISO-ACTIF program criteria allow for the certification of the level of a school's engagement in the promotion and valuing of a healthy lifestyle across five categories: **participation, bronze, silver, and/or excellence.**



EVALUATION FORM

In order to obtain your ISO-ACTIF certification, you must fill out the ISO-ACTIF program evaluation form from December 1 through June 30 each year at: <http://isoactif.rseq.ca/plateforme/>

ISO-ACTIF PROGRAM APPLICATION

The activities aligned with criteria of the ISO-ACTIF program can easily be integrated into physical education or health classes, sports animation programs or other initiatives that promote healthy living in school. These criteria lead to a valuing of activities already underway at schools or activities newly added over the course of the school year.

Operationally speaking, ISO-ACTIF criteria can be used at two levels:

1. At the start of the school year to inspire the planning of the year's activities so that they promote the valuing of a healthy and active lifestyle.
2. Over the course of the year, a school can do a review of their activities by filling out a self-evaluation form (<http://isoactif.rseq.ca/plateforme/>) to determine if its certification across five certification categories: participation, bronze, silver, gold and excellence.

A score is given for each activity held by the school according to ISO-ACTIF standards. The school can then leverage the activities best-aligned with the criteria associated with sports, physical activity and healthy eating in order to obtain the maximum number of points. **A possibility of 50 points can be scored based on the engagement of the school and these points are divided into the following 5 certification categories:**

	Score out of 50 points	Percentage
Participation	30 points or less	60% and under
Bronze	31 to 35 points	61% to 70%
Silver	36 to 40 points	71% to 80%
Gold	41 to 45 points	81% to 90%
Excellence	46 or more	91% and above

ISO-ACTIF promotional material

In order to receive promotional materials as part of a school's ISO-ACTIF certification (banner, coroplaste certification panel, stickers reflecting the certification obtained, MYG and GYM cards, etc.), schools must contact their RSEQ regional jurisdiction. That representative can also help in completing an application to the program.



The following section provides a breakdown of each of the criteria, activity examples and a point system linked to the SPORTS, PHYSICAL ACTIVITY and HEALTHY EATING axiom as well as the activities put in place to recognize and value sports and the development of healthy lifestyle habits in student athletes.

SPORT AND PHYSICAL ACTIVITY

Schools have long been known as drivers of physical activity and healthy eating. The SPORT AND PHYSICAL ACTIVITY component aims to maximize opportunities for kids to get active in order **to accumulate a minimum of 60 minutes of physical activity daily**.

1. Time devoted to physical education and health classes

Young people must be physically active every day in order to help with their development and their academic success all while combatting inactivity and obesity that can have adverse consequences as adults. A part of their physical activity needs is met by physical education classes in school. The ISO-ACTIF program values the time devoted to physical education and health by our youth.

Component:

- Number of minutes devoted to physical education and health classes per 9-day cycle at a given school.

SCORING ▼

1 point: Your school devotes less than 150 minutes per 9-day cycle.

2 points: Your school devotes 150 minutes per 9-day cycle.

3 points: Your school devotes over 150 minutes per 9-day cycle.

2. The offer of a complementary sports program

The offer of a complementary sports program like an “option sport” program or “sports-study” program contributes to strengthening a student’s sense of belonging to their school for both student athletes and even other students on top of encouraging perseverance and academic success. The joining forces of school and sport serves as an important motivational trigger which contributes to success in the classroom. The ISO-ACTIF program recognizes schools that offer such programs.

Components

- **The offer of a complementary sports program (like “option sport” or “sport-study”).**

SCORING ▼

0 point: Your school does not offer students any complementary sports programs.

2 points: Your school does offer students complementary sports programs.

3. Participation numbers and rates in RSEQ interscholastic sports

Interscholastic activities are essential to the creation of a way of life which promotes a healthy lifestyle for our youth especially by way of physical activity. To help counteract the problem of today's youth not being physically active enough at the high school level, it is suggested that schools offer additional opportunities to be active outside of regular school hours. Interscholastic sports leagues allow for the practice of physical activity on a daily basis. In addition, such activities have a positive effect on the development of youngsters and their sense of belonging to their school and their academic success. The ISO-ACTIF program encourages schools plan for physical activity options that complement those already in place during regular school hours while also offering a wider variety of choices. The ISO-ACTIF program recognizes a school's engagement toward the RSEQ and values the participation of young people in the various sports offered by the RSEQ.

Components:

- **Number of RSEQ sports your school participates in over the course of the year.**
- **Participation rates in RSEQ sports.**

Examples:

Check off the RSEQ options available in your region, the sports offered at your school such as: mini basketball, mini futsal, etc.

My school has 100 students and offers five (5) RSEQ sports with a total of 50 participants*. Our participation rate is 50%.

*A student who takes part in three sports counts as three students.

SCORING ▼

3.1 The number of interscholastic RSEQ sports offered by your school.

0 points: Your school participates in no sports among those offered by your RSEQ.

2 points: Your school offers 1-3 sports in the list of sports offered by your RSEQ.

3 points: Your school offers 4-6 sports in the list of sports offered by your RSEQ.

4 points: Your school offers 7 sports or more in the list of sports offered by your RSEQ.

Check from these sports offered by the RSEQ (these are all sports offered in your regional jurisdiction from September 2018 to June 2019).

SCORING ▼

3.2 Participation rates of students participating in RSEQ sports.

2 points: 0 to 15 % of students participate in at least one RSEQ sport.

4 points: 16 to 29 % of students participate in at least one RSEQ sport.

6 points: 30 % or more of students participate in at least one RSEQ sport.

4. Participation numbers and rates in intramural sports

For the same reasons as stated for the criteria above (interscholastic sports), intramural sports (within the school) are equally critical to the creation of an environment that fosters a healthy lifestyle for our youth by way of physical activity. They allow a school to maximize the variety of choices made available to students while also encouraging initiation and recreation as much as competition and excellence in a given sport or physical activity.

The ISO-ACTIF program encourages and rewards diversity in the intramural offerings of a given school.

Components

- **Number of intramural sports.**

Examples:

Futsal, handball, touch football, dancing, yoga.

SCORING ▼

The number of intramural sports offered by your school.

0 point: Your school offers no sport or sports activities.

1 point: Your school offers 1-to-2 sports or sports activities.

2 points: Your school offers 3-to-4 sports or sports activities.

3 points: Your school offers 5 sports or sports activities or more

What are they? Please list the sports or activities offered besides those offered by the RSEQ.

LIST OF SPORTS OR ACTIVITIES OFFERED BESIDES THOSE OFFERED BY THE RSEQ

NOTES – IDEAS – THOUGHTS – QUESTIONS – RESULTS

6. Individual evaluation of physical fitness

Activities that help youth align themselves regarding their physical fitness level represent opportunities to spark their motivation to partake in physical activity. They also provide context for teachable moments regarding what determines physical fitness, healthy lifestyle habits that contributes to a good physical fitness and motor skills that will lead to improved physical fitness.

The ISO-ACTIF program rewards the organization of activities that value physical fitness.

The RSEQ's "*Get active* in High School" is geared to young people ages 12 to 17. The various event and scoring system was created by the Centre de recherche interdisciplinaire sur la qualité et les saines habitudes de vie de l'Université du Québec à Chicoutimi under the guidance of noted researcher Mario Leone. These tests allow physical education teachers to accurately determine the strengths and weaknesses of their students to then be more able to offer targeted suggestions in efforts to improve their overall physical fitness.

Beware! The weighing, measuring BMI, and comparisons young people make among themselves are things to watch for, given the way they can negatively affect self-esteem.

Components

- Participation in or organization of activities linked to the individual evaluation of physical fitness
- Use of the RSEQ's "*Get active* in High School" kit or specification of what method was employed
- Data entry into the S1 platform (s1.rseq.ca)
- Rates of evaluated students

Should you have any questions on the various features of the "*Get active*" kit, please contact your regional RSEQ resource. To find out who is that person, click on the "Contact Us" tab at s1.rseq.ca.

SCORING ▼

6.1 — Physical fitness evaluation

0 point: Your school does not perform any physical fitness evaluations of students.

1 point: Your school performs one physical fitness evaluation of students at the start of the year.

2 points: Your school performs one physical fitness evaluation of students using the RSEQ's "*Get active*" kit at the start of the year.

3 points: Your school performs one physical fitness evaluation of students at the start of the year and a second one to close out the school year.

4 points: Your school performs one physical fitness evaluation of students using the RSEQ's "*Get active*" kit at the start of the year and a second one to close out the school year

1 bonus point: The data collected during these evaluations are then entered into platform S1.

If the physical fitness evaluation is conducted without use of the RSEQ's "*Get active*" kit for high school, please specify what program was used: _____

6.2 — Percentage of students evaluated

1 point: 0 to 25%

2 points: 26 to 50%

3 points: Over 51% of students were evaluated.t.

7. The valuing of sports ethics (3R)

The RSEQ promotes sports ethics through several programs and activities in Quebec schools. The 3R program targets three main messages:



- Respect yourself
- Respect others
- Responsibility for our actions

These values must be passed through sports participation including: equality, the fight against harassment and physical violence, sportsmanship, health and safety. It becomes essential that sports activities take place in an environment that is socially secure (non-violent, appropriate language, respect of opponents, etc.).

Components:

- Activities that promote sports ethics
- Awareness and promotion among youth AND stakeholders

Examples:

Awareness posters, engagement contracts, participation or organizing of activities all linked to sports ethics.

SCORING ▼

0 point: Your school does not adhere to the vision of the 3R program

2 points: Your school adheres to the vision of the 3R program AND promotes the program within the school.

3 points: Your school adheres to the vision of the 3R program AND promotes the program within the school, AND signs an engagement contract respecting sportsmanship by your athletes and coaches.

5 points: Your school adheres to the vision of the 3R program AND promotes the program within the school, AND signs an engagement contract respecting sportsmanship by your athletes and coaches AND has a committee in place or an activity on sports ethics (i.e. a seminar on sports ethics).

Please specify: _____



**RESPECT ENVERS
SOI-MÊME**

Prends plaisir au sport
Aie confiance en ton jugement et tes valeurs
Respecte ton corps en prenant soin de ta santé

**RESPECT ENVERS
LES AUTRES**

Sois un bon coéquipier
Respecte l'adversaire, il te permet de jouer
Respecte l'arbitre, tout comme toi,
il fait tout ce qu'il peut

**RESPONSABILITÉ
DE NOS ACTIONS**

Pense aux conséquences de tes actes
Ne fais pas subir aux autres ce que tu
n'accepterais pas toi-même

Sois responsable,
la violence verbale n'a pas sa place
N'oublie pas,
ce n'est pas toujours la faute des autres

NOTES – IDEAS – THOUGHTS – QUESTIONS – RESULTS

HEALTHY EATING

This facet's goal is to increase the frequency and diversity of initiatives put in place to promote healthy eating and the development of dietary and cooking skills by our youth.

8. Promote healthy eating and the development of cooking skills and nutritional knowledge

Nutrition month (March) is an excellent occasion to mobilize initiatives regarding healthy eating. This event could mark the perfect time for teachers to create teachable moments on this theme while helping students make informed decisions about their eating environments and habits. Such promoting of healthy eating is far more effective when it's recurring and strategically combined with other activities throughout the school year.

In addition to healthy eating habits, the development of nutritional knowledge and cooking skills allows students to experience the joys of eating well, improving their self-confidence and sense of pride.

The ISO-ACTIF program recognizes local initiatives, activities stemming from programs and services offered in regions around schools or from partnerships that promote healthy eating and cooking skills for our youth.

Components

- The organizing of participation in one-time activities or recurring ones that are linked with healthy eating, the development of dietary and culinary skills among students during Nutrition month (March) and at other times during the year.

Note: A recurring activity is one that is registered for and repeated in the annual planning of a school year which is coherently combined with other promotional activities.

Examples:

Cooking classes, educational activities with healthy eating themes, nutrition, cooking or gardening workshops, participation in province-wide campaigns, organization of local activities (smoothie tastings, healthy breakfasts, community meals, etc.).

SCORING ▼

0 point: Your school does not participate in nor organize any activities during Nutrition month (March).

2 points: Your school participates in or organizes an activity during Nutrition month (March).

5 points: Your school participates in or organizes an activity during Nutrition month (March) **AND** participates in or organizes an activity promoting healthy eating at another point during the school year.

1 bonus point: Your school participates in or organizes an educational activity geared to develop the dietary knowledge or culinary skills of their students (community garden, cooking classes, and nutrition workshop).

SMOKING PREVENTION

9. Smoking prevention activities

The frequency and intensity of the measures put in place to prevent smoking among youth are important factors in trying to ensure the effectiveness of these types of initiatives. In addition to the knowledge and good behavioural decisions regarding health and physical activity, the attitudes and values that influence behavioural choices are also essential themes which must be touched upon in these types of promotional activities. Smoking prevention measures will be all the more effective if they are recurrent and when strategically combined with other measures throughout the course of the school year.

The ISO-ACTIF program recognizes the value of measures launched at school, homemade initiatives, activities through RSEQ awareness campaigns like FumercestDÉGUEU.ca (May) et DeFacto.ca (November), programs and services available school's surrounding areas or partnership arrangements with community organizations. ISO-ACTIF encourages intensity, frequency and the integrated nature of all such activities.

Components

- The organizing of or participation in one-off activities or recurring ones that are related to smoking prevention.

Examples:

Leveraging awareness materials linked with RSEQ's DÉGUEU and De Facto campaigns in local papers, during in-class learning activities, as support measure to help stop smoking, the organizing of or participation in activities relating to smoking prevention, official presentation and engagement from athletes to show their commitment through the wearing of De Facto branded clothing.

SCORING ▼

0 point: Your school does not participate in any activities relating to smoking prevention.

2 points: Your school participates in one activity relating to smoking prevention.

4 points: Your school participates in either the RSEQ's DÉGUEU **OR** De Facto program.

6 points: Your school participates in both the RSEQ's DÉGUEU **AND** De Facto programs.

2 bonus points: Your school organizes one educational activity relating to smoking prevention (ex.: a conference with an addiction expert, a health festival, etc.)

NOTES – IDEAS – THOUGHTS – QUESTIONS – RESULTS

RECOGNITION AND FEELING VALUED

This facet's goal is to value and recognize the efforts made in the practice of sports or physical activity as well as the development of healthy lifestyle habits.

10. Recognition and value drawn from the participation in sports and the forming of healthy lifestyle habits

The ISO-ACTIF program encourages activities whose goal is to value and recognize the efforts made while taking part in sports or any physical activity by student athletes as well as their development of healthy lifestyle habits to help them lead active lifestyles throughout their lives. It is important for them to live positive experiences which reward them for their efforts and create a sense of personal pride.

Components

- The organization of or participation in activities geared to recognizing or valuing of playing sports and having healthy lifestyle habits of student athletes (meaning students who take part in school sports).

Examples:

Nominations for a RSEQ Regional Excellence Gala, awarding of certificates to students, or Merit Awards Night recognizing the efforts made by student athletes through sport and physical activity or the development of healthy lifestyle habits in school, etc.

SCORING ▼

0 point: Your school does not organize any form of recognition activity (awarding of certificates, sports gala).

3 points: Organization of a local recognition activity (i.e. awarding of certificates, School's sports gala).

4 points: Participation in one regional or provincial recognition activity (i.e.: nomination for the RSEQ Excellence Awards Gala).

6 points: Organization of one local recognition activity AND participation in a regional or provincial recognition activity (i.e.: nomination for the RSEQ Excellence Awards Gala).

NOTES – IDEAS – THOUGHTS – QUESTIONS – RESULTS

EVALUATION TOOL

- To gain a better sense of your school's progress, we suggest doing two evaluations (one at the start of the year and another to close the year → final evaluation).
- The RSEQ suggests you post the period or date of when you are doing your evaluations.
- The number below refers to the 10 evaluation criteria defined in this document.
- Indicate the current data at the time of the evaluation (use the scoring from the criteria)

CRITERIA ▼	Interim Evaluation (/50)	Final Evaluation (/50)
SPORTS AND PHYSICAL ACTIVITY		
1. Time devoted to physical education and overall health.		
2. The offer of a complimentary sport program.		
3. Participation numbers and rates in RSEQ sports interscholastic sports.		
4. Participation numbers and rates in intramural sports.		
5. Number of activities valuing sports and physical activity.		
6. Individual evaluation of physical fitness.		
7. The valuing of sports ethics.		
HEALTHY EATING		
8. Promote healthy eating and the development of dietary and cooking skills.		
HEALTHY EATING		
9. Smoking prevention activities.		
RECOGNITION AND FEELING VALUED		
10. Recognition and value drawn from the participation in sports and healthy lifestyle habits.		

DO NOT FORGET TO FILL OUT THE ONLINE FORM!

Do not hesitate to contact your regional jurisdiction with any questions regarding the online evaluation form or any other RSEQ program.

FOR MORE INFORMATION: RSEQ.CA