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An Examination of the Effectiveness of an Eight-Month Health and Fitness Based Preschool Curriculum

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AN EXAMINATION OF THE EFFECTIVENESS OF AN EIGHT-MONTH HEALTH
AND FITNESS BASED PRESCHOOL CURRICULUM

A Dissertation

Submitted to the School of Graduate Studies and Research

in Partial Fulfillment of the

Requirements for the Degree

Doctor of Education

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Results of this study suggested that both good nutrition and vigorous physical activity must be comprehensive and consistent elements of intervention curricula. Children's reported level of enjoyment for physical activity improved over the course of the intervention program, and children attending the experimental preschool were more likely to improve their BMI than children attending the control preschool. Children's BMIs, preference for physical activity, and taste for nutritious foods can be improved through early education and intervention. Qualitative findings revealed that preschool employees were committed to improving children's health. However, finding time to integrate structured physical activity and health education in addition to adequately teaching academic concepts was staff members' greatest concern.