



NRPA Instructor Training Grants for Physical Activity Programs Frequently Asked Questions (FAQs)

Why should our agency implement evidence-based physical activity programs, when we already offer many physical activity programs?

While park and recreation agencies offer many physical activity programs to their community members, evidence-based programs have been tested and evaluated in research settings, the programs have defined goals, proven results for specific target populations, well-defined structures and timeframes. These programs have been approved by several respected federal agencies such as the CDC and the Administration on Community Living (ACL), are being supported by national organizations such as the National Council on Aging (NCOA), and provide positive outcomes that can be used as justification for partnerships with healthcare providers as well as additional funding for your agency.

This grant equips agencies with the capacity to implement evidence-based programs that have shown the most effectiveness at improving health and overall quality of life for people across the country.

What is the best way to choose which program(s) to implement?

NRPA's program assessment tool provides an overview as well as recommendations on which programs to implement.

Eligibility:

We are a nonprofit organization that partners with our local government to serve meals. Can we apply?

Yes. Non-profits and non-park and recreation agencies may apply jointly with their local park and recreation agency by providing a letter of support from the Director or equivalent of the local park and recreation agency that states their support and the relationship.

Do we have to be a current member of NRPA to apply?

NRPA encourages membership to ensure that your agency has access to the full suite of education and resources available; however, you do not have to be a current member of NRPA to apply.

My agency is currently implementing or has implemented one or more of these programs, can we still apply?

Yes, agencies that have previously received training grants can still apply for additional grants to offer the same or a different program.

Program Implementation:

Can I apply for all 3 training grants?

No. An agency can only apply for one of the programs. However, if you can demonstrate the need and have the capacity to implement more than one of these programs, please email HealthyAgingInParks@nrpa.org and provide your justification and your request will be considered.

How many trainings can I receive?

Applicants can select to receive up to three (3) instructor training grants for the WWE program and up to two (2) instructor trainings for the ALED and F&S! programs. However, you can make the case for additional trainings if the program(s) will be implemented at multiple sites.

How many participants do I need to reach?

The goal for participant reach is 100 for Walk With Ease, 60 for Active Living Every Day and 60 for Fit & Strong! Participants may participate in all programs being implemented by the agency and would count towards the reach goal for each program.

Who is the primary target for the programs?

Adults with chronic diseases, and others wanting to engage in physical activity. The programs are popular among older adults, but they are not limited to older adults.

My community is not considered underserved, can I still apply?

Yes. As long as there is a demonstrated need for the programs, the applicant may still apply.

Can the program(s) be implemented on behalf of our agency?

Yes. The program can be implemented by other organizations on behalf of your agency, for example a non-park and recreation governed senior center, assisted living facility, faith-based organizations, healthcare provider, area agency on aging, etc. However, the park and recreation agency must be the primary applicant.

I want to implement the program, but our staff members are not able to commit to the entire length of the program?

Multiple staff can be used facilitate the programs. For example, three staff members can facilitate the 1-hr 3x per week Walk With Ease program and a similar approach can be taken for the other programs. It is imperative that these programs are implemented per their recommended curriculum to remain evidence based.

How will NRPA support our agency?

NRPA will provide a marketing toolkit that includes marketing strategies, flyers, materials for creating partnerships with healthcare systems, technical assistance, and provide a platform for agencies to share their experiences with other agencies across the country. Where applicable, NRPA will connect agencies with other partners in their region working towards similar goals, for e.g. State Health Departments, Area Agencies on Aging, etc.

What are the reporting requirements for this grant?

Grantees will be asked to report program progress in March and October of the year the agency is awarded. Additionally, grantees will be asked to submit program photos and success stories so that NRPA may use those materials to showcase benefits and vital role of parks and recreation.

Have additional questions not addressed here, email

HealthyAginginParks@nrpa.org.