

Resources

Systematic Observation of Physical Activity in School Contexts

(T. McKenzie & M. Lounsbery, [ALR Webinar](#), 5.20.15)

Physical Activity Observation Papers: General

McKenzie, T. L., & van der Mars, H. (2015). [Top 10 research questions related to assessing physical activity and its contexts using systematic observation](#). *Research Quarterly for Exercise and Sport*, 86(1), 13-29.

McKenzie, T. L. (2010). [Seeing is believing: Observing physical activity and its contexts](#). *Research Quarterly for Exercise and Sport*, 81(2), 113-122.

SOFIT and SOPLAY Protocols

[SOFIT: System for Observing Fitness Instruction Time](#)

[SOPLAY: System for Observing Play and Leisure Activity in Youth](#)

SOFIT and SOPLAY Training Videos (and SOFIT pacing audio file)

[North Carolina State University through ITUNES University](#)

Selected SOFIT Papers: Design and Statistics

McKenzie, T. L., Sallis, & Nader, P. R. (1991). SOFIT: System for observing fitness instruction time. *Journal of Teaching in Physical Education*, 11, 195-205. (ORIGINAL paper)

McKenzie, T. L., Nader, P.R., Strikmiller, P., et al. (1996). [School physical education: Effect of the Child and Adolescent Trial for Cardiovascular Health \(CATCH\)](#). *Preventive Medicine*, 25, 423-431.

McKenzie, T. L., Marshall, S., et al. (2000). [Student activity levels, lesson context, and teacher behavior during middle school physical education](#). *Research Quarterly for Exercise and Science*, 71, 249-259.

McKenzie, T. L., Sallis, J. F., et al. (2004). [Evaluation of a 2-Year middle school physical education intervention: M-SPAN](#). *Medicine and Science in Sport and Exercise*, 36, 1382-1388.

Selected SOPLAY/SOPARC Papers: Design and Statistics

McKenzie, T. L., Marshall, S., et al. (2000). [Leisure-time physical activity in school environments: An observational study using SOPLAY](#). *Preventive Medicine*, 30, 70-77. (ORIGINAL paper)

Sallis, J. F., McKenzie, T. L., et al. (2003). [Environmental interventions for eating and physical activity: A randomized controlled trial in middle schools](#). *American Journal of Preventive Medicine*, 24, 209-217.

Cohen, D. A., Setodji, C., et al. (2011). [How much observation is enough? Refining the administration of SOPARC](#). *Journal of Physical Activity and Health*, 8(8), 1117-1123.

SOPLAY App

[iSOPARC for iPad—from the App Store](#)

SOPLAY Counters

Counters are to be used for counting without taking eyes off people in target area. Typically they have red, yellow, and green keys (whoa, slow, go). A 'totalizer' is not needed. Sample source for counter purchase: <http://www.denominatorcompany.com/>