Notice of the Final Oral Examination
for the Degree of Master of Science

of

KENDRA MacFARLANE

BSc (McMaster University, 2011)

“Healthy After-School Child Care”

School of Exercise Science, Physical and Health Education

Tuesday, July 28, 2015
9:30am
Human and Social Development Building
Room A250

Supervisory Committee:
Dr. Patti-Jean Naylor, School of Exercise Science, Physical and Health Education, University of Victoria (Supervisor)
Dr. Joan Wharf Higgins, School of Exercise Science, Physical and Health Education, UVic (Member)

External Examiner:
Dr. Karen Strange, Moving Forward Consulting

Chair of Oral Examination:
Dr. Robin Hicks, Department of Chemistry, UVic

Dr. David Capson, Dean, Faculty of Graduate Studies
Abstract

The purpose of this intense case study was to explore the factors that affect implementation of quality physical activity (PA) and healthy snacks that are provided to school-aged children (kindergarten to grade 8) attending after-school child care in British Columbia. Using an orientational approach that was guided by the implementation literature, 16 staff (n = 9 managers; n = 7 frontline staff) completed surveys and participated in semi-structured interviews. The majority of the data contributed to the emergence of the primary theme “Being confined” which contains three sub-themes: “It’s a moving target”; “We have to make do”; and “Centre rules and routines dictate practice”. This theme contextualizes two related but distinct primary themes: “Working together to pull it off” and “It takes skill”. The study contributes to our understanding of what facilitates or impedes implementation, according to staff working in typical afterschool child care programs. This will enable the development of resources that can meet their needs and ensure that future research efforts are directed appropriately.

Keywords: after-school; physical activity; nutrition; staff