

**Duties for Contract of Services  
Bradley R.A. Wilson  
Carol M. White Program Support**

**Proposed Services:**

**A. Fitness Assessments:**

The proposed year one fitness assessment will be conducted for a random sample in grades K-12. The proposed fitness assessments will be conducted as part of the physical education program and are considered to be part of the educational process that is inherent in the Physical Education and Fitness Rocks Program.

-The cost is based on a random sampling of approximately 450 students in grades K-12.

-These assessments would be conducted during school day, five times a year in year 1, four times a year in year 2 and 3, and include the following measures:

1. Aerobic capacity as measured by a pacer /shuttle run test or one mile run/walk test;
2. Flexibility as measured by a sit and reach test;
3. Abdominal strength as measured by a curl-up test;
4. Upper body strength as measured by a push up test or flexed arm hang.
5. 3-day PAR for grades K-4 and 5-day PAR for grades 5-12.
6. Fruit and Vegetable survey.

Dr. Brad Wilson will provide technical oversight of the testing protocols.

**Total Cost Of Assessments for year 1 = \$7500**

**B) Fitness Testing Reports:**

All of the fitness testing data will be collated and analyzed to produce five reports. The first report will provide a baseline analysis by grade and gender for each measure along with comparisons to national normative data where indicated. The reports thereafter will provide a pre-post analysis by grade and gender for each measure along with comparisons to national normative data where indicated.

**Total Cost of Report Preparation = \$3500**

**3) Technical Support:**

Dr. Wilson will be available to provide technical support on student and/or staff healthy eating and physical activity needs, as well as, future project measures and protocols.

**20 hours @ \$100/hour = \$ 2000**

**Total fixed cost including all materials, supplies and staffing = \$13,000**

## Contract for Services

This agreement is entered into between Covington Independent Public Schools and Dr. Bradley R.A. Wilson. Dr. Wilson will provide fitness assessments, fitness testing reports, and technical assistance as outlined in the attachment. Acceptance of this contract includes the following confidentiality agreement. Dr. Wilson agrees to maintain confidentiality regarding all data collected, analyzed and reported; and agree to follow all confidentiality protocol as outlined in the Carol M. White Physical Education Program application.

Specific duties to be performed are outlined in the attachment. For such services, Dr. Wilson will be reimbursed at the rate outlined in the attachment, with the total during the contract period (date of signature through September 30, 2012) not to exceed \$14,000.

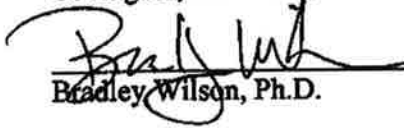
Dr. Wilson will submit an invoice outlining tasks completed and amount due as each service is completed, or on a mutually agreed upon schedule.

The terms of this agreement are in effect from the date of signature through September 30, 2012.

Written amendment to the agreement may be presented by either party and will become part of the agreement when signed by each party's appropriate representative. Either party may terminate the agreement thirty (30) calendar days after written notice of intent to terminate this agreement to the other party.

In witness whereof, the parties have executed this agreement in duplicate originals, one of which is retained by each of the parties.

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Lynda Jackson, Superintendent  
Covington Independent Public Schools  
25 East Seventh Street  
Covington, KY 41011

  
\_\_\_\_\_  
Bradley Wilson, Ph.D.

\_\_\_\_\_  
Date

4/9/12  
\_\_\_\_\_  
Date