How does integrating daily physical activity in the high school curriculum affect academic performance?

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21699

Source
Nationaal Trial Register

Health condition

Participation in physical activity (PA) has received particular attention in the scientific literature, not only for its beneficial effects on physical and emotional health, but also for its positive effects on cognitive functioning. However, the majority of children are not physically active enough and have low fitness levels. In 2013 over half the children in the Netherlands did not meet the recommended levels for daily physical activity. If a strong link between physical activity and academic achievement can be established, than schools would be the perfect institution to incorporate more physical activity to improve the physical, mental and cognitive health of children.

physical activity, physical fitness, academic achievement

Sponsors and support

Primary sponsor: VU Medical Center
Source(s) of monetary or material Support: NWO

Intervention

Outcome measures

Primary outcome

Cognitive performance (executive functions)

Academic achievement (school grades)

Physical fitness

Secondary outcome

BMI

motoric fitness

motivation

Study description

Background summary

The brief summary will follow onse the study has been performed.

Study objective

Children participating in daily sport classes will attain higher academic achievement than their counterparts who participated in the standard physical education classes incorporated in the school curriculum (1 hour/week).

Study design

First measurement will take place at baseline

Second measurement will take place after 6 months

the third measurement will take place after 1 year.

Intervention

The Stanislas high school in Rijswijk started an initiative in which all 1st year students following secondary education will take a daily class of physical education for a year long. In each week, children will perform one hour of mountain biking, one hour of swimming, two

hours of fitness and an hour of classic physical education. The order of these sport classes will be changed every 8 weeks. In addition, the children will participate in an 30 minutes active break in the afternoon (middle of the school day) in which they will combine physical activity with learning (i.e. learning mathematics while performing physical activity).

Contacts

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Eligibility criteria

Inclusion criteria

Adolescent children registered to follow the first year of secondary education in the Stanislas high school in the Netherlands (VMBO level).

Children who are going to be in the second year of their secondary education in the Stanislas high school.

Adolescents that will start the first year of secondary adolescents (VMBO level) in other high schools that are a good match to the children in the Stanislas high school.

Exclusion criteria

Children who are not in the first or second year of secondary education (VMBO level).

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-09-2015
Enrollment:	250
Type:	Anticipated

Ethics review

Positive opinion

Date:	28-07-2015
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL5185
NTR-old	NTR5333
Other	METc VUmc 2014.363 : WC2014-020

Study results

Summary results
The trial will start in september 2015 and there are no current publications related to this study.