

PLAYgrounds.

No registrations found.

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

Summary

ID

NL-OMON27182

Source

Nationaal Trial Register

Health condition

physical (in)activity, fitness, overweight

Sponsors and support

Primary sponsor: Details STWT:

Stichting Westelijke Tuinsteden

Algemeen directeur: Dennis Bode

Marius Bauerstraat 399 C in Amsterdam

020-3460690

Details HvA (ALO):

Hogeschool van Amsterdam, Domein Sport, Bewegen en Voeding, Afdeling Academie voor Lichamelijke Opvoeding

Directeur bedrijfsvoering: Simon Gribling

Lector: Huub Toussaint

Dr. Meurerlaan 8 in Amsterdam

020-5953400

Source(s) of monetary or material Support: Stichting Westelijke Tuinsteden (STWT)

Intervention

Outcome measures

Primary outcome

Physical activity, specifically the intensity of movement en the total time of movement. With accelerometers the intensity and duration of movement is measured once a week at 20 children. These children are chosen randomly. The objective measurements are supported by observation of the SOPLAY method, in which the condition of the played area, as well as the valued intensity of movement is notated.

Secondary outcome

A questionnaire is used to stipulate the demographic variables and fysical activities outside schooltime. This questionnaire is integrated in the Eurofittest which is taken to stipulate the fysical fitness.

There is also a process-evaluation with the teachers, children and parents, carried out with questionnaires and interviews.

Study description

Background summary

Rationale:

The relative number of children meeting the minimal required dose of daily physical activity (PA) remains execrably low. It has been estimated that in 2015 one out of five children is overweight. Therefore, low levels of PA during early childhood may compromise the current and future health and well-being of the population, and promoting PA in younger children is a major PH priority.

Objective:

To gain insight into effects of physical alterations of the school's playground on the levels of daily physical activity in primary school children aged 4-12. Study design: The effectiveness of the intervention programme will be evaluated using a prospective controlled trial in which schools will be matched, with a follow-up of one school year. Furthermore, a process evaluation will be conducted.

Study population:

The research population will consist of 4-12 year old primary school children.

Intervention:

The intervention programme will be aimed at improving PA levels and will consist of a multi-component alteration of the schools' playground. The playground will be modified. In addition, playground usage will be increased through an altered time management of recess times, as well as a modification of the physical education (PE) content.

Main study parameters/endpoints:

The effects of the intervention on PA levels and fitness (primary outcome measures), as well as on play duration and play intensity during recess (secondary outcome measures) will be assessed.

Study objective

It is hypothesised that PA levels will increase as a result of the intervention. In addition, an increase in play duration and play intensity will be expected. As a result of the positive effects mentioned above overall fitness is expected to improve.

Study design

10 months for all outcomes.

Intervention

Stimulating children to play by a playground program connected to the PE lessons, a structuring of the playground and play material.

The intervention consist of a multi-component adaptation of the playground of the school; the playground will receive colored lines corresponding with games or sports. These games and sports will be offered during gymclass, so that the children will learn the skills, learn to agree rules with each other and to consider variations. Every month the accent is pointed at a certain theme, like chalk line jumps in April. Going outside is regulated with the result that more square meters are available per child. Every class has a box containing playmaterial, adjusted to age.

Adjustements of the playground are carried out according to an analysis, so that the playground can be optimally used after adjustements, for example: a soccer field, a basketball-set shot area, a circle for circle activities, a dancing area, a throw-and-catch area and a chalk line jumps area. These areas summon children to move. Areas most used are

designated as hotspots and divided over the classes.

Once a week the teachers join and once a month the parents are invited.

Contacts

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Scientific

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Eligibility criteria

Inclusion criteria

1. Children within the age of 4 to 12 years;
2. Schools participating in the research carried out by the HvA and the Stichting Westelijke Tuinsteden;
3. Measurements are only taken if authorisation of parents is obtained.

Exclusion criteria

N/A

Study design

Design

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

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	23-08-2010
Enrollment:	1200
Type:	Anticipated

Ethics review

Positive opinion	
Date:	18-06-2010
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	NL2260
NTR-old	NTR2386
Other	Wetenschapscommissie EMGO : WC2010-030

Register

ISRCTN

ID

ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A