

Contribution of Physical Education to Physical Activity Levels of Adolescents

Published: 23-04-2009

Last updated: 05-05-2024

To quantify the contribution of Dutch PE to physical activity (PA) of adolescents (~13-18 yr). In addition, the amount of PA that is accumulated throughout the week will be assessed, including the contributions of sports, travelling to and from...

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Observational non invasive

Summary

ID

NL-OMON33073

Source

ToetsingOnline

Brief title

Physical Activity in Schools

Condition

- Other condition

Synonym

nvt

Health condition

gezonde proefpersonen

Research involving

Human

Sponsors and support

Primary sponsor: Academisch Medisch Centrum

Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: Adolescents, Energy Expenditure, Physical Activity, Physical Education

Outcome measures

Primary outcome

Primary outcome variable in the study is:

The contribution of physical education to total physical activity (% of total PAEE)

Secondary outcome

Secondary outcome variables are:

- contribution of physical education to the Dutch Guideline for Healthy Physical Activity (in minutes)
- amount of physical activity during school hours (in % of total PAEE)
- amount of physical activity during active commuting to and from school and during recess (in % of total energy expenditure)
- contribution of sports to total physical activity (in % of total PAEE per day)

Study description

Background summary

The contribution of physical education and other school activities (including actively commuting) to the overall activity pattern of youth is unknown. In the Netherlands, activity during the school day and during physical education (PE) lessons in particular has never been reported.

Study objective

To quantify the contribution of Dutch PE to physical activity (PA) of adolescents (~13-18 yr). In addition, the amount of PA that is accumulated throughout the week will be assessed, including the contributions of sports, travelling to and from school and of school recess periods.

Study design

Physical activity will be estimated over one week using Actiheart devices which combine measurement of acceleration and heart rate. Activity type will be assessed using activity diaries.

Study burden and risks

The risk and burden of this study is deemed minimal. Nowadays, heart rate monitoring is a well-accepted practice in sports and physical education. Accelerometry has no recorded risks despite its widespread use. Actiheart monitors are placed on the chest with ECG electrodes and have been specifically designed to cause minimal discomfort, weighing around 8 grams. This study is considered to be group-related, since it is evident that it could not be conducted without the participation of subjects belonging to the group in question (that is, school going adolescents).

Contacts

Public

Academisch Medisch Centrum

Universiteitssingel 50
6229 ER Maastricht
Nederland

Scientific

Academisch Medisch Centrum

Universiteitssingel 50
6229 ER Maastricht
Nederland

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (12-15 years)

Adolescents (16-17 years)

Inclusion criteria

- If parents/guardians have given their written informed consent;
- If subjects themselves have given their written informed consent;
- If management of the school has given permission for the study to be carried out;

Exclusion criteria

known risk factors for performing physical activity

Study design

Design

Study type: Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 28-09-2009

Enrollment: 100

Type: Actual

Ethics review

Approved WMO

Date: 23-04-2009

Application type: First submission

Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

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
CCMO	NL26801.068.09