

Health effects of sport participation in children and adolescents with a chronic disease or condition.

Sport-2-Stay-Fit (S2SF) study

Published: 02-07-2014

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The Sport-2-Stay-Fit (S2SF) Study will investigate if an after school sports program increase the sustainability of a standardized interval training program in children and adolescents with a physical disability or chronic disease.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Muscle disorders
Study type	Interventional

Summary

ID

NL-OMON41923

Source

ToetsingOnline

Brief title

Effects of sport participation in children with a disability
S2SF

Condition

- Muscle disorders
- Neurological disorders NEC
- Congenital respiratory tract disorders

Synonym

physical disability

Research involving

Human

Sponsors and support

Primary sponsor: Universitair Medisch Centrum Utrecht

Source(s) of monetary or material Support: ZonMw;Programma SPORT;Pijler Vitaal (ZonMW nummer 525001005)

Intervention

Keyword: Children and adolescents, Physical Disability, Physical Fitness, Sports

Outcome measures

Primary outcome

Anaerobic fitness

Secondary outcome

Cardiovascular health (metabolic parameters, morphological parameters)

Physical fitness (aerobic fitness, muscle strength, flexibility, agility)

Physical activity

Injuries (activity pattern, incidence, type of injury)

Cognition (school performance, attention)

Psychosocial health (self-perception, quality of life, exercise self-efficacy)

Study description

Background summary

Children and adolescents with a physical disability often show reduced fitness levels and physical activity patterns, and they participate less in competitive and recreational sports compared with their non-disabled peers. A variety of interventions showed that training programs improved physical fitness levels and participation in physical activities or sports, however the positive effects following the training program in children and adolescents with a physical disability do not sustain.

Study objective

The Sport-2-Stay-Fit (S2SF) Study will investigate if an after school sports program increase the sustainability of a standardized interval training program in children and adolescents with a physical disability or chronic disease.

Study design

It is a clinical controlled trial investigating the effectiveness of an after school sports program.

Intervention

All children and adolescents will participate in an 8 weeks high-intensity interval training program to improve their physical fitness level. Thereafter, the intervention group will participate in an after school sports program for 6 months and the control group receives assessment only.

Study burden and risks

The risk and burden of this therapeutic research with minors and incapacitated subjects are negligible. From previous research is known that children and adolescents with a physical disability are capable of performing exercise tests. With exercise and sports participation, the risk of getting injured might increase. However, the benefits of becoming more active and healthier outweigh the risk of getting injured. The children and their parents can receive an overview with information about their physical fitness, physical activity and cardiovascular health. They are free to share this with their treating physician and physical therapist, enabling them to take this information into account in the regular care and sport support.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (12-15 years)

Adolescents (16-17 years)

Adults (18-64 years)

Children (2-11 years)

Elderly (65 years and older)

Inclusion criteria

- Children and adolescents with a physical disability or chronic disease: cardiovascular, pulmonary, musculoskeletal or neuromuscular disorder
- Children and adolescents between the age of 6 and 19 years
- Children and adolescents have to understand simple commands
- Children and adolescents do not participate in sports during leisure time
- Children and adolescents are able to perform physical fitness tests

Exclusion criteria

- Children and adolescents with progressive diseases
- Children and adolescents using an electric wheelchair
- During the length of the study, children are not allowed to participate in other research projects which might influence the current study results

Study design

Design

Study type: Interventional

Intervention model: Other

Allocation: Non-randomized controlled trial

Masking: Open (masking not used)

Primary purpose: Treatment

Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 04-09-2014

Enrollment: 74

Type: Actual

Ethics review

Approved WMO

Date: 02-07-2014

Application type: First submission

Review commission: METC Universitair Medisch Centrum Utrecht (Utrecht)

Approved WMO

Date: 24-09-2014

Application type: Amendment

Review commission: METC Universitair Medisch Centrum Utrecht (Utrecht)

Approved WMO

Date: 09-12-2014

Application type: Amendment

Review commission: METC Universitair Medisch Centrum Utrecht (Utrecht)

Approved WMO

Date: 25-02-2015

Application type: Amendment

Review commission: METC Universitair Medisch Centrum Utrecht (Utrecht)

Approved WMO

Date: 22-06-2015

Application type: Amendment

Review commission: METC Universitair Medisch Centrum Utrecht (Utrecht)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

ID: 20128

Source: NTR

Title:

In other registers

Register	ID
CCMO	NL48209.041.14
OMON	NL-OMON20128