

Learning by moving

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Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON19916

Bron

Nationaal Trial Register

Aandoening

Physical activity, Cognitive functioning, Schoolperformance, Children

Fysieke activiteit, Cognitie, Schoolprestaties, Kinderen

Ondersteuning

Primaire sponsor: University Medical Center Groningen, Center for Human Movement Sciences

VU University Amsterdam, Department of Clinical Neuropsychology

Overige ondersteuning: NWO

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

- Academic performance, measured using items of the child academic monitoring system (CITO).

Toelichting onderzoek

Achtergrond van het onderzoek

The aim of the current study is to examine effects of two school-based physical activity interventions in primary school children on executive functions, and academic achievement. Participating schools will be randomly assigned to an aerobic intervention, a complex coordinative exercise intervention or control condition. The RCT will demonstrate effects of different types of interventions (aerobic exercises versus coordinative exercises) on academic achievement and a possible mediating role of executive functioning. In addition, our RCT provides insight into feasibility of implementation in the Dutch primary school setting.

Doel van het onderzoek

In this RCT we investigate the effects of two school-based physical activity interventions (aerobic exercises versus coordinative exercises) in primary school children on executive functions and academic achievement. We hypothesize that both aerobic and coordinative exercises benefit executive functions and academic achievement.

Onderzoeksopzet

Assessment of the intervention groups and control group will take place at baseline (T0) and after the intervention (T1).

Onderzoeksproduct en/of interventie

Both programs will take place during regular school hours (during regular and extra physical education hours). The duration of the intervention will be 14 weeks, four times a week with 30 minutes for each training session.

Aerobic exercise intervention: The aerobic exercises involve short tasks and games requiring different forms of running.

Complex coordinative exercise intervention: The exercises involve a high amount of mental engagement and are specifically tailored to challenge executive functions. the exercises are performed.

Control group: the control group will receive regular physical education lessons.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Dutch preadolescent children between the 7 and 12 years of age attending regular primary schools.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Children with cardiovascular diseases or physical disabilities which prevent them from participating regular physical education lessons.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Factorieel

Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-04-2015
Aantal proefpersonen:	1200
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL5194
NTR-old	NTR5341
Ander register	: NRO: 405-15-410

Resultaten

Samenvatting resultaten

N/A