

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

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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).

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON21699

Bron

Nationaal Trial Register

Aandoening

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

Ondersteuning

Primaire sponsor: VU Medical Center

Overige ondersteuning: NWO

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Cognitive performance (executive functions)

Academic achievement (school grades)

Physical fitness

Toelichting onderzoek

Achtergrond van het onderzoek

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

Doel van het onderzoek

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).

Onderzoeksopzet

First measurement will take place at baseline

Second measurement will take place after 6 months

the third measurement will take place after 1 year.

Onderzoeksproduct en/of interventie

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).

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-09-2015
Aantal proefpersonen:	250
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	28-07-2015
Soort:	Eerste indiening

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	NL5185
NTR-old	NTR5333
Ander register	METc VUmc 2014.363 : WC2014-020

Resultaten

Samenvatting resultaten

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