

PLAYgrounds.

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

Samenvatting

ID

NL-OMON27182

Bron

Nationaal Trial Register

Aandoening

physical (in)activity, fitness, overweight

Ondersteuning

Primaire 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

Overige ondersteuning: Stichting Westelijke Tuinsteden (STWT)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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.

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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.

Onderzoeksopzet

10 months for all outcomes.

Onderzoeksproduct en/of interventie

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.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

N/A

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	Actieve controle groep

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	23-08-2010
Aantal proefpersonen:	1200
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	18-06-2010
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	NL2260
NTR-old	NTR2386
Ander register	Wetenschapscommissie EMGO : WC2010-030

Register

ISRCTN

ID

ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A