

National LLN Research Forum

Sharing of Research Submission Form

KEYWORDS: staff: student research, physical education, physical activity, intervention evaluation
e.g. students, employers, skills (more than one may be appropriate)

TITLE: Project: Step into Trinity, Sport & Activity Development:

Evaluation of a multi-site school-based physical activity intervention

PURPOSE:

To evaluate the impact of a new physical activity programme aimed at primary aged children, specifically measuring:

- i) the changes, if any, on physical activity levels before and after the programme - 'Funky Feet' – in relation to frequency, intensity and time
- ii) the number of children meeting the National target of 2hrs physical activity in school plus 2hrs physical activity after school
- iii) the impact on family physical activity levels and motivation to be physically active

As we've also asked for details of planned research, do we need to ask for the start date / planned start date so we know if it's actually underway yet?

EXPECTED/ACTUAL COMPLETION DATE: Mar 09

METHOD (please include information about the number and type of participants):

Activities, Targets and Timeframes

- Baseline questionnaire to measure pupil physical activity levels in January 2008
- Funky Feet programme implemented for 1 month end Jan – Feb 2008, to up to 44 primary schools in North West Leeds; approx. 1000 pupils
- Pupil log books monitored weekly by teacher/students/researcher to assess adherence to recording physical activity
- Teacher interviews to gain learning experiences of the programme

3 month follow-up of physical activity questionnaire

OUTCOMES OF RESEARCH (if complete):

COMPLETED RESEARCH:

How will the findings be disseminated? Paper to Academic Journal

Is a final report available? Yes No

If yes, where can it be found?

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