

ABSTRACT

SCHOOL-BASED HEALTHY ACTIVITIES PROGRAM FOR EXERCISE

The lack of regular physical activity among adolescents has manifested itself in an obesity epidemic. Encouraging teens to exercise more requires some sort of psychosocial intervention. The purpose of this study was to assess the effectiveness of a social psychological intervention on improving fitness competency in secondary school students. The three components of a student's fitness competency are (a) fitness attitude and self-efficacy, (b) fitness knowledge, and (c) health-related physical fitness. The main research question is "Will a 6-week social psychological intervention that requires 10-minute activity review periods in regularly scheduled physical education classes lead to significant positive changes in students' fitness attitude and self efficacy, fitness knowledge, and health-related physical fitness?" Approximately 140 students were involved in the study. Results showed a significant difference between control and intervention groups on body composition and suggest that the intervention caused an improvement in knowledge and attitude towards physical activity.

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