A PILOT STUDY ON ELEMENTARY SCHOOL STUDENTS’ PHYSICAL ACTIVITIES: FAMILY INVOLVEMENT BASE RESEARCH

Li-Feng Lin, Institute of nursing, Central Taiwan University of Science and Technology, Taichung city, Taiwan (ROC)
Tzu-I Chiu, School of Nursing, Central Taiwan University of Science and Technology, Taichung city, Taiwan (ROC)
Fu-Hui Lee, Department of Nursing, Central Taiwan University of Science and Technology, Taichung city, Taiwan (ROC)
Su-chin Wu, School Nurse, Central Taiwan University of Science and Technology, Taichung city, Taiwan (ROC)

Background and Aims: The study purpose was to establish a family involvement base intervention program to promote parents and children’s physical activities.

Method: The study subject was recruited from an elementary school at Taichung city in Taiwan. The participants include elementary school children and their parents; a total of 66 people. The researcher applied SMART strategies (Specific; measurable; Acceptable; Realistic; Theoretical) and the “Physical Activity Pyramid” concepts suggested by ACSM to plan a health education program. The study period was from January 2009 to December 2009. A closed-end questionnaire and physical fitness measurement were conducted to collect data for evaluation.

Result: The family participants can remind children to do physical activities, encourage children to do exercise, and feel that doing exercise with children is enjoyable and fun. Overall, children sat less and moved more. The light physical activity increased 40 minutes per week (from 170 min/week up to 210 min/week), the moderate exercise increased 78 minutes per week (from 96 min/week up to 174 min/week) and the vigorous physical exercise increased 41 min per week (from 45 min/week up to 86 min/week). Total energy expenditure increased 252 calorie/day during weekdays, 339 calorie/day on Saturdays. After the family involvement base intervention program, about 70% of families expressed that they would like to keep participating in the parents’-children’s physical activity project.

Conclusion: According to the results, this study may be of importance in explaining by the family involvement base physical activity intervention program. As well as providing health educators with a better understanding of how to promote school children to be physically active.

References: