

Physical Activity 4 Every1: preventing the decline in moderate-to-vigorous (MVPA) physical activity among students attending secondary schools in low-income communities

ACTRN12612000382875

Status RECRUITING
Sponsor Hunter New England Population Health
Enrollment 900 participants

Plain Language Summary

This study is testing a school-based program called Physical Activity 4 Every1 (PA4E1) that aims to stop the drop in physical activity that typically happens as students get older. The program is aimed at Year 7 students (aged 11 to 13) in low-income secondary schools in Australia and runs over two years. It includes multiple strategies across PE classes, sports programs, school policies, and the environment. Physical activity will be measured with motion sensors worn by students.

You may be eligible if:

- You are a student in Year 7 (approximately 11 to 13 years old)
- You attend a secondary school in a low-income community

You may NOT be eligible if:

- You have a severe intellectual or physical disability that prevents participation in physical activity

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Students in Year 7 (age 11-13) attending secondary schools in low-income communities. Schools will be classified as low-income based on being classified as disadvantaged by the SEIFA Index of Relative Socio-Economic Advantage/Disadvantage.

Exclusion (1)

- Students with severe intellectual or physical disabilities.

Locations (1 total)

Australia