

# The effect of the Teaching Personal and Social Responsibility (TPSR) model on social behaviours of high school students in Physical Education (PE)

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**Status** RECRUITING  
**Sponsor** Sonja Maric, University of Sydney  
**Enrollment** 180 participants

## Plain Language Summary

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School physical education offers more than fitness — it can also be a powerful setting for teaching important life skills such as respect, responsibility, and cooperation. The Teaching Personal and Social Responsibility (TPSR) model, developed by educator Don Hellison, is a framework designed to do exactly that — help young people develop personal and social skills through structured sport and movement activities.

This study is bringing TPSR into Australian high schools for the first time, to evaluate whether it improves the social behaviours of Year 8 and 9 students during PE classes. It builds on positive results from TPSR studies conducted in other countries.

You may be eligible if you are a student aged 13 to 14 at a participating Independent school in New South Wales, are physically and mentally well, speak English, and are taking PE classes in person. There are no exclusion criteria beyond these basic requirements.

## Key Eligibility Criteria

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### Inclusion (1)

- Students are included in the study if they are 13-14 years old, physically and mentally fit, speak English, have consent, enrolled in participating Independent schools in NSW, are participating face to face.

### Exclusion (1)

- None

## Locations (1 total)

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NSW, Australia