Kolloquium „Berner Gespräche zur Sportwissenschaft“

Monday, 1.11.2021, 4.15pm - 5.45pm
Zoom Meeting

Addressing adolescent physical inactivity in schools: A theory informed pragmatic approach

In this presentation I will present a theory informed pragmatic approach to physical activity promotion in adolescents. I will start by highlighting the scope of the problem by summarizing findings from the recent Lancet Physical Activity Series paper on adolescent physical activity behaviors. I will then present a theory informed pragmatic approach to physical activity promotion guided by Self-Determination Theory (SDT) and the Theory of Expanded, Extended and Enhanced (TEO). I will explain how SDT and TEO have informed the design and delivery of four school-based physical activity interventions for adolescents: (1) Physical Activity 4 Everyone: a multi-component intervention targeting the curriculum, school environment, parents and the community, (2) Resistance Training for Teens- a curricular program focused on providing adolescents with the knowledge, motivation, skills, and confidence to engage in resistance training, (3) Adolescent Motivation in Physical EDucation (AMPED)- a professional learning intervention designed to improve the quality and quantity of physical activity and motivation in physical education, and (4) Burn to Learn- a time-efficient intervention designed to improve older adolescents’ fitness, cognitive and mental health during the final years of school, when there is no mandatory physical activity. I will conclude my presentation by highlighting the importance of providing schools with implementation support to ensure physical activity interventions are delivered as intended.

Professor David Lubans is a National Health and Medical Research Council Senior Research Fellow at the University of Newcastle, Australia. He has published extensively (>290 articles) and secured research funding from a range of competitive sources including the ARC, NHMRC, and Sciences and Humanities Research Council Canada. Dr Lubans is internationally recognised as an expert in the design, evaluation and dissemination of school-based physical activity interventions. His secondary area of interest is studying the effects of physical activity and fitness on young people’s cognitive and mental health.