

Kolloquium „Berner Gespräche zur Sportwissenschaft“

Montag, 02/10/2023

16.15 Uhr – 17.45 Uhr

Universität Bern, ZSSw Gebäude C, Raum C001, Bremgartenstr. 145, 3012 Bern

Physical activity promotion in children: from experimental research to policy- oriented research applications

The lecture will consist of 3 parts, illustrating the shift of focus of my research area in the past 10 years.

A Starting with research on the relationship between physical activity (PA) and cognitive and academic performance in school children we conducted literature reviews, experimental and qualitative studies. We concluded that acute and repeated exercise bouts do not improve, nor deteriorate children's cognitive performance. In contrast, in the qualitative studies principals, teachers and children reported to experience cognitive benefits of PA in terms of children's improved attention and classroom behaviour. **B** In the lecture I will present the outcomes of these studies and how these insights formed the basis on the next steps we took. Which (other) options do we have to incorporate PA in the daily lives of children? What motivates teachers to incorporate PA in the classroom? How can the system in and around school facilitate structural promotion of PA? **C** In the last part of the lecture I will present an example of the application of systems science approaches, which enable us to identify leverage points for interventions for PA promotion.

Dr Amika Singh



Currently Amika is employed at the Mulier Institute (Utrecht, NL) and the University of Applied Sciences Windesheim (Zwolle, NL). At both organizations she holds a position as a senior researcher. At the Mulier Institute she is leading the team 'Learn to move'. Within her team, they conduct research in the field of outside active play, physical activity in the school setting and promotion of physical activity among 0-4 year olds.