PHIT2LEARN

Physical activity InTerventions to enhance LEARNing in vocational education and training

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PHIT2LEARN: description of studies

STUDY 1
- Differential Behavioral PA/SB patterns in relation with all outcomes
- Accelerometry at the start of this year and outcome measured at baseline and after one year (follow-up)

STUDY 2
- Fundamental Acute effects PA/SB on outcomes Set 1
- Experiment within sedentary classes
- Two lunch classes
- 30 minutes exercise
- Virtual class (sitting)

STUDY 3
- Cognitive Performance; school performance, PA/SB relationship, health outcomes
- Acute stressors (e.g., work, tests)
- Intervention based on results from prior research and previous studies

STUDY 4
- Ecological Effects of long-term PA/SB interventions on all outcomes
- Intervention based on results from prior research and previous studies

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Problem
- Challenges with measuring research, detailed description successful in-vocational education and training (VET)

Population
- Cognitive performance, school performance, PA/SB relationship, health outcomes

Outcomes
- Problems with measuring research, detailed description successful in-vocational education and training (VET)

Questions
- Cognitive performance, school performance, PA/SB relationship, health outcomes

Multidisciplinary consortium:
- 3 universities, 2 expertise centers; VET-council; VET institutes

Discussion

Led by prof. dr. Renate de Groot
STUDY 3
Fundamental: Acute effects of standing on vital employability/citizenship. Year 2 (students)

Measurements:
Set 3: Collaboration: self-report survey reflecting on interaction, video recording of the behavior, the product of the team-work. Creativity: CRA (convergent thinking) and GAU (divergent thinking).

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Creativity while sitting:
Creativity while standing:

T= 0 T= 30 min.
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STUDY 4
Effects of long-term PA/SB interventions on all outcome sets. Year 2 (students)

Measurements:
Set 1: Cognitive tests (e.g., word & shape, letter span tests).
Set 2: Academic progress, Dutch, mathematics, absenteeism/dropout, MSLQ.
Set 3: Collaboration and creativity.
Set 4: Background measures.

Academic year

September 2018
June 2019

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June 2019

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