

Title of Intervention and Website: Physical Ability Intervention Program

Intervention Strategies: Group Education

Purpose of the Intervention: To improve the physical ability and sport motivation of 13-year-olds

Population: Eligible 8th graders

Setting: Five public schools in Jerusalem; school-based

Partners: Jerusalem public schools

Intervention Description:

- Group Education: A physical education program was implemented involving a periodic and progressive increase of physical effort of children in 16 gym lessons during the regular curriculum. The children were required to increase the distance of their run over four time units. All runs were competitive among five children.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: not mentioned
- Training: the study team trained the gym teachers to implement the program
- Technology: not mentioned
- Space: space to run
- Budget: not mentioned
- Intervention: trained gym teachers, running space with distance measures
- Evaluation: stop watch, Harpender caliper, questionnaires

Evaluation:

- Design: intervention/control
- Methods and Measures:
 - Physical ability - run time for 1000 meters
 - Sport motivation - measured by questionnaire
 - Sexual maturation - determined by school nurses
 - Triceps skin-fold thickness

Outcomes:

- Short Term Impact: The intervention improved the test group's running time and increased the test group's sport motivation.
- Long Term Impact: not mentioned

Maintenance: Not mentioned

Lessons Learned: The study demonstrated simultaneous improvements in physiological and psychological dimensions, thus increasing the probability of better physical performance in the future.

Citation(s):

Halfon, S. T. and S. Bronner (1988). "The influence of a physical ability intervention program on improved running time and increased sport motivation among Jerusalem schoolchildren." *Adolescence* 23(90): 405-16.