

Title of Intervention	Move and Learn	
Intervention Strategies	Group education	
Purpose	To increase the amount of moderate to vigorous physical activity (MVPA) performed while attending preschool.	
Populations	Preschool	
Settings	Preschool-based	
Partners	Preschools	
Intervention Description	An 8-week preschool classroom intervention that incorporates physical activity into normal class curriculum including math, science, and social studies.	
	Activities were adapted from "Let's Move, Learn, and Have Fun!" and "Nutrition: Good for You!" from the Kansas Nutrition Network and "Class Act" an integrated physical activity curriculum from Kansas Department of Health and Environment.	
Theory	Not mentioned	
Resources required	Staff/Volunteers:	Preschool staff
	Training:	3 hour training
	Technology:	Not mentioned
	Space:	Not mentioned
	Budget:	Not mentioned
	Intervention:	move and learn curriculum
	Evaluation	Actigraph accelerometer, Observational System for Recording Activity in Preschoolers (OSRAP)
Evaluation	Design:	Quasi-experimental
	Methods and Measures:	Classrooms were randomized to receive an 8-week move and learn program or normal curriculum. In the intervention classes, opportunities for physical activity were integrated into all aspects of the curriculum including math, science, language arts, and nutrition education. Changes in physical activity were measured using accelerometry and direct observation.
Outcomes	Short term impact:	Children completing the move and learn curriculum exhibited significantly higher levels of moderate-to-vigorous physical activity during class time.
	Long term impact:	Not measured
Maintenance	Not mentioned	
Lessons Learned	1) The curriculum was well received by staff, teachers, and students. It did not adversely affect children's behavior or the learning environment.	

Citation(s)	Trost SG, Fees B, Dzewaltowski D. (2008) Feasibility and efficacy of a "move and learn" physical activity curriculum in preschool children. Journal of Physical Activity and Health. 2008 Jan;5(1):88-103
Current Program Status	Program information for curriculum used in this project can be found at:
	http://www.kansasnutritionnetwork.org/childrenresources.html
	http://www.childstart.org/Outreach/hkk.html