

# Comprehensive School Physical Activity Programming and Activity Enjoyment

You Fu, PhD; Ryan D. Burns, PhD; Timothy A. Brusseau, PhD; James C. Hannon, PhD

**Objectives:** The purpose of this study was to examine the effect of a comprehensive school physical activity program (CSPAP) on physical activity enjoyment in children from low-income schools. **Methods:** Participants were 758 children recruited from the 3rd-6th grade (mean age =  $10.1 \pm 0.5$  years; 376 girls and 382 boys) from 3 schools receiving governmental financial assistance in the US. CSPAP was implemented over one semester during the 2014-2015 school year. We assessed physical activity enjoyment at baseline and at a 12-week follow-up using the Physical Activity Enjoyment Scale. We used a mixed-design  $4 \times 2 \times 2$  analysis of covariance test with repeated measures to examine the effect of grade, sex, and time (baseline, follow-

up) on enjoyment scores, adjusting for the clustering of students within classrooms and schools. **Results:** There were greater enjoyment scores at follow-up compared to baseline (Mean Difference = 7%,  $p < .001$ ); however, the increase only represented a small sized effect ( $d = 0.26$ ). Post hoc tests revealed that greater improvements in enjoyment were seen in older children compared to third graders ( $p < .001$ ). **Conclusions:** The CSPAP marginally improved enjoyment levels in children from low-income schools and we found greater improvements in older children.

**Key words:** enjoyment; intervention; physical activity; PACES

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Enjoyment is a psychological experience featured by a set of senses, such as fun, liking, and pleasure.<sup>1</sup> Literature in the field of physical education (PE) and physical activity (PA) documents that enjoyment is one of the major determinants of PA participation among children and adolescents.<sup>2-4</sup> Research suggests that children are more likely to participate in PA when they perceive it to be enjoyable, and the likelihood of chronic engagement in PA is increased by enhancing a child's enjoyment level.<sup>2-4</sup> Similar conclusions are supported by research showing that enjoyment is positively related to the desire to continue PA participation.<sup>5</sup> Continuous participation in optimal levels of PA are linked with numerous positive outcomes, such as decreases in the risk factors of early onset chronic disease, improved academic performance, and increases in on-task behavior in

the classroom.<sup>6-8</sup> Consequently, the importance of PA enjoyment during school hours has become a strong emphasis and providing a positive PA enjoyment experience among children has been widely accepted as a desirable educational goal.

Previous studies demonstrate that children's PA enjoyment may be influenced by multiple factors, such as PA intensity (thus, providing evidence of a bidirectional relationship between PA participation and PA enjoyment),<sup>9,10</sup> how a child perceives success and failure, a child's state of emotion before attending PE class,<sup>11,12</sup> and age.<sup>13</sup> Sex also has been a critical factor that could influence children's PA enjoyment. Whereas some studies show that boys show higher PA enjoyment compared to girls,<sup>14,15</sup> other studies report different results, showing that girls have higher PA enjoyment levels than boys.<sup>16,17</sup> Therefore, the influence of sex on children's PA enjoyment still remains undetermined and may be moderated by a number of contextual factors in school settings.

Different types of PE programs are another factor related to children's PA enjoyment. Fu et al<sup>3</sup> showed that school-aged children in a student-centered and health-related fitness school PE program, the Sports, Play, and Recreation for Kids (SPARK), demonstrated a greater increase in their

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well being Furthermore these benefits are evident across a diversity of ages groups and populations The need for these benefits in current societies means that exercise practitioners professional bodies institutions health authorities and governments require high quality evidence to establish appropriate exercise guidelines implementation strategies and effective exercise prescription at individual group and population levels Research Methods in Physical Activity and Health is the first book to comprehensively present the issues associated with physical activity and health research and outline methods available along with considerations of the issues associated with these methods and working with particular groups The book outlines the historical and scientific context of physical activity and health research before working through the full research process from generating literature reviews and devising a research proposal through selecting a research methodology and quantifying physical activity and outcome measures to disseminating findings Including a full section on conducting research studies with special populations the book includes chapters on Observational and cross sectional studies Interviews questionnaires and focus groups Qualitative and quantitative research methods Epidemiological research methods Physical activity interventions and sedentary behaviour and Working with children older people indigenous groups LGBTI groups and those with physical and mental health issues Research Methods in Physical Activity and Health is the only book to approach the full range of physical activity research methods from a health perspective It is essential reading for any undergraduate student conducting a research project or taking applied research modules in physical activity and health graduate students of epidemiology public health exercise psychology or exercise physiology with a physical activity and health focus or practicing researchers in the area

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