ISRCTN15360785 https://doi.org/10.1186/ISRCTN15360785

Effect of a school-based physical activity intervention program on fitness and health in Swiss 7 to 11 year old children

Submission date
18/10/2005

Recruitment status
No longer recruiting

Registration date
22/11/2005

Overall study status
Completed

Last Edited
06/02/2014

Condition category
Nutritional, Metabolic, Endocrine

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
SWI05-013 (KISS)

Study information

Scientific Title

Acronym
KISS

Study objectives
It is hypothesised that the intervention will result in an increase of physical activity, fitness and health in the intervention group compared to the controls.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved by the Ethics Committees of the University of Basel, the University of Zürich, as well as by the Cantonal Ethical Committee of Aargau, Switzerland.

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Healthy children with about 20% obese children included

Interventions
The intervention will comprise environmental changes at school (i.e. daily physical activity) and individual components at home aiming at improving pattern and extent of physical activity and the control will have a usual school physical activity curriculum.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
1. Total physical activity
2. Aerobic fitness
3. Percentage body fat
4. Bone mineral density of the femur
5. Quality of life

Key secondary outcome(s))
1. Body composition (total lean and fat mass)
2. Body fat distribution
3. Additional cardiovascular risk factors
4. Bone mineral density of total body and lumbar spine and as well as bone mineral content of all

measured sites
5. Bone metabolism
6. Overall fitness
7. Psychosocial health, social coping, stress coping, social anxiety, self esteem and addiction
8. Nutritional behaviour

Completion date
31/12/2009

Eligibility

Key inclusion criteria
Healthy children

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Sex
All

Key exclusion criteria
Children with severe chronic disease (cyanotic heart disease, cystic fibrosis, asthma, motor disabilities)

Date of first enrolment
31/10/2005

Date of final enrolment
31/12/2009

Locations

Countries of recruitment
Switzerland

Study participating centre
Institute for Exercise and Health Sciences
Basel
Switzerland
4052

Sponsor information

Organisation
Swiss Federal Institute of Technology and University of Zurich (Switzerland)

ROR
https://ror.org/05a28rw58

Funder(s)

Funder type
Government

Funder Name
Federal Office of Sports, Magglingen (Switzerland) (ref: SWI05-013 [KISS])

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	23/02/2010		Yes	No
Results article	results	03/02/2014		Yes	No
Protocol article	protocol	06/06/2006		Yes	No
Other publications	crossvalidation of analysis techniques	01/05/2009		Yes	No