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# 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

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**

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

### Secondary study design
Randomised controlled trial

### Study setting(s)
Other

### Study type(s)
Quality of life

### Participant information sheet

### 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 measure
1. Total physical activity
2. Aerobic fitness
3. Percentage body fat
4. Bone mineral density of the femur
5. Quality of life

### Secondary outcome measures
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

### Overall study start date
31/10/2005

### Completion date
31/12/2009

## Eligibility

### Key inclusion criteria
Healthy children

### Participant type(s)
Patient

### Age group
Child

### Sex
Both

### Target number of participants
600

### 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)

**Sponsor details**
Exercise Physiology
Winterthurstr. 190
Zürich
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8057
+41 (0)44 635 50 06
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**Sponsor type**
Government

**Website**
http://www.unizh.ch/

**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

### Publication and dissemination plan
Not provided at time of registration

### Intention to publish date

### 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? |
|---|---|---|---|---|---|
| Protocol article | protocol | 06/06/2006 | | Yes | No |
| Other publications | crossvalidation of analysis techniques | 01/05/2009 | | Yes | No |
| Results article | results | 23/02/2010 | | Yes | No |
| Results article | results | 03/02/2014 | | Yes | No |