

# 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

☐ Prospectively registered

☒ Protocol

**Registration date**  
22/11/2005

**Overall study status**  
Completed

☐ Statistical analysis plan

☒ Results

**Last Edited**  
06/02/2014

**Condition category**  
Nutritional, Metabolic, Endocrine

☐ Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

# 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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kriemler@access.unizh.ch

**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?
<a href="#">Protocol article</a>	protocol	06/06/2006		Yes	No
<a href="#">Other publications</a>	crossvalidation of analysis techniques	01/05/2009		Yes	No
<a href="#">Results article</a>	results	23/02/2010		Yes	No
<a href="#">Results article</a>	results	03/02/2014		Yes	No