

# Implementation of JUMP-in: effect and process evaluation of a primary-school-based program aimed at promoting physical activity among children

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		<input checked="" type="checkbox"/> Results
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**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

## Study information

**Scientific Title**  
Implementation of JUMP-in: effect and process evaluation of a primary-school-based program aimed at promoting physical activity among children

## **Study objectives**

The aim of this study is to evaluate JUMP-in ([www.JUMP-in.nl](http://www.JUMP-in.nl)), a primary school-based intervention program aimed at promoting physical activity. A process and effect evaluation will be carried out. The process evaluation will concern the constraints and the success and failure factors, linked to the implementation of JUMP-in. The effectiveness study will focus on the effects of JUMP-in on daily physical activity and sports behavior of children. Particular attention will be paid to:

1. The effects of JUMP-in on the physical (in)activity level and sports participation of children.
2. The effects of the JUMP-in components on determinants of PA behaviour of children (attitude, self-efficacy, intention, habit, perceived sports competence, perceived barriers, preferences, social influences and psychological wellbeing).
3. The effects of the JUMP-in components on determinants of parents that influence the PA behaviour of children (attitude, self-efficacy, intention, habit, perceived sports competence, perceived barriers and social influences).

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

N/A

## **Study design**

A quasi-experimental controlled trial. The schools will be matched and a pre-test-post-test control group design will be used.

## **Primary study design**

Interventional

## **Study type(s)**

Not Specified

## **Health condition(s) or problem(s) studied**

Physical activity in children

## **Interventions**

JUMP-in is a primary-school-based program that aims to promote physical activity among children. The program addresses environmental, personal and behavioural components. JUMP-in was developed in 2002 by the Municipal Health Centre of the city of Amsterdam and the Department of Sports, Recreation and Sports Stimulation of the Institute of Social Services & Development of Amsterdam. JUMP-in is a systematically developed intervention that focuses on behavioural and environmental changes, parental influences and cooperation with multi-level parties in intervention development. The program contains six components:

### **1. School sports activities**

A range of easy accessible school sports activities will be offered in or near to the school premises by qualified sports trainers. During school hours children will be made acquainted with a variety of sports, each sport a number of times in several weeks. Subsequently they can join the school sports clubs out of school hours. All sports clubs are characterised by continuity. As far as possible, use will be made of the normal local range of physical activities and existing

sports activities in the area, and the school child care centres in the school. Participants will have the opportunity to participate in competitive sport: links with the normal associations/clubs will be established.

## 2. Pupil follow-up system

The PE teachers will monitor pupils and encourage them in a structured way in their development in the areas of sport and physical activity. In cases where an extra stimulus, support or care is required, use is made of the existing school network channels.

## 3. The Class Moves

All school teachers will ensure that the children take regular breaks for physical activity and teach relaxation techniques and posture exercises during normal lessons. The aim is to make physical activity a daily habit, to give the children pleasure, awareness and more self-esteem, and to contribute to a healthy sensor-motor development.

4. Personal workbooks - The children and their parents will receive personal workbooks aimed at raising awareness of the importance of physical activity for health and one's own physical activity behaviour, self-efficacy, social support, and planning skills.

## 5. Parental information services

The participating parents will be taught about the importance of physical activity and sports for children and the role played by parents in supporting and stimulating such activity in their children. The information services consist of different alternatives so that it will be possible to organise tailor-made information by school nurses, dieticians, school supervisory services etc. For parents who will not visit the information meetings the information will also be made available on film (DVD). Information given in the parents own language is possible by specially trained information officers. Parental information is often combined with a physical activity week with a sports market, an exhibition and parental sporting activities.

## 6. Club Extra

Children who are behind in their motor development will be given extra physical education lessons by PE teachers, in small groups. The PE teachers will be trained to give these specialized lessons. The aim of Club Extra is to stimulate and support children at risk, in order to give them the opportunity to participate in the regular school sport activities.

Pre-test-post-test control group design:

Nine and 10 schools are allocated to the intervention and control groups, respectively. The schools in the intervention group will implement the JUMP-in program immediately after the baseline measurements (pre-test). This pre-test is also carried out during the same period in the control group. The schools in the control group will not implement the JUMP-in program during the two-year test (study) period. First and second follow-up measurements will be made after one year (in June 2007) and two years (in June 2008), respectively, for both the intervention and control groups (post-tests).

## Intervention Type

Other

## Phase

Not Specified

## Primary outcome(s)

The following will be assessed at baseline (September 2006), first follow-up (June 2007) and second follow-up (June 2008):

1. The level of total daily Physical Activity (PA) of children on week- and weekend days, measured using questionnaires and accelerometers
2. Sport participation

### **Key secondary outcome(s)**

The following will also be assessed at baseline (September 2006), first follow-up (June 2007) and second follow-up (June 2008):

1. Aerobic fitness
2. Body composition
3. Self reported determinants of PA of children (attitude, self-efficacy, intention, habit, preferences, barriers, sport competence, psychological wellbeing and social influences), measured by semi-structured interviews, questionnaires, and document analyses
4. Self reported parental determinants of PA behaviour of children to stimulate and support the physical activity behaviour of their children (knowledge, attitude, self-efficacy, intention, habit, perceived barriers and social influences), measured by semi-structured interviews, questionnaires, and document analyses

### **Completion date**

30/10/2008

## **Eligibility**

### **Key inclusion criteria**

To be included in the trial schools need to have all of the following:

1. A certified physical education teacher
2. A majority of pupils with low socio-economic status
3. A gymnasium, either in the school or in the direct vicinity of the school

The control schools will be recruited from a different city district to minimize contamination. Nine selected intervention schools will be located in two city districts in Amsterdam. Ten control schools will be selected and located in other city districts.

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Child

### **Sex**

All

### **Key exclusion criteria**

No exclusion criteria

**Date of first enrolment**

18/09/2006

**Date of final enrolment**

30/10/2008

## Locations

**Countries of recruitment**

Netherlands

**Study participating centre**

Postbus 2200

Amsterdam

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## Sponsor information

**Organisation**

The Health Service of Amsterdam (GGD Amsterdam) (Netherlands)

**ROR**

<https://ror.org/042jn4x95>

## Funder(s)

**Funder type**

Government

**Funder Name**

City of Amsterdam (Netherlands)

## 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?
<a href="#">Results article</a>	results	06/11/2012	06/01/2021	Yes	No
<a href="#">Results article</a>	results	01/09/2013	06/01/2021	Yes	No