

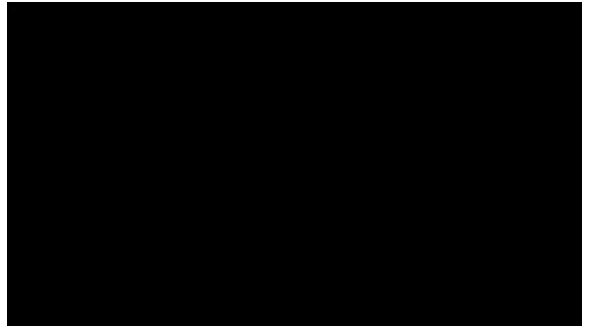
**Hanzehogeschool Groningen**  
University of Applied Sciences

Move to make a difference

**Active kids in an active environment**

Remo Mombarg, lector Physical Education and Youthsports

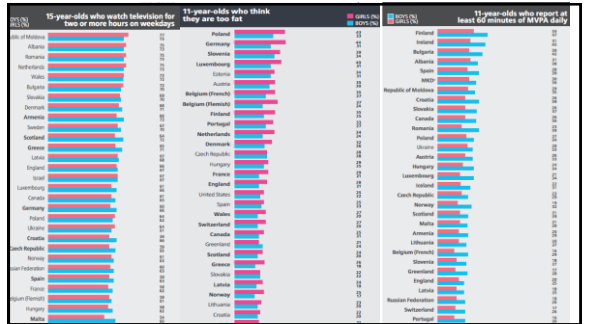
share your talent. move the world. [www.hanze.nl/lps](http://www.hanze.nl/lps) ([r.mombarg@pl.hanze.nl](mailto:r.mombarg@pl.hanze.nl))



**Active kids Healthy school**

1. Introduction and value
  1. Challenges
  2. Methods
  3. Results
2. Harens Lyceum
3. Future

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Why recommendations don't work

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**Living Lab Public schools in Groningen**

Mission statement: every child a sport-minded and healthy life

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## Cornerstones of Healthy lifestyle



Physical Education 2-3x p.w.  
Skills, Attitude, Behavior



Active environment  
Participation in an activating environment



Active and healthy lifestyle  
Selfregulating your lifestyle

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## Question

- Did children become worse in P.E. skills in the last decade? (f.i. catching a ball)

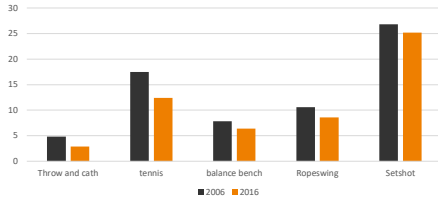


Stand up: true

Stay seated: false

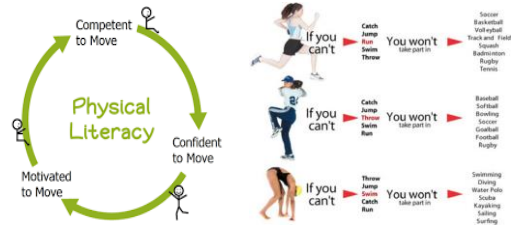
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SKILLS-trends in 10 year (N=922)  
Score in points



No differences for: jump over an object, shuttle run, forward roll, Timmerman et al. 2016

## Children can choose their sports and skills

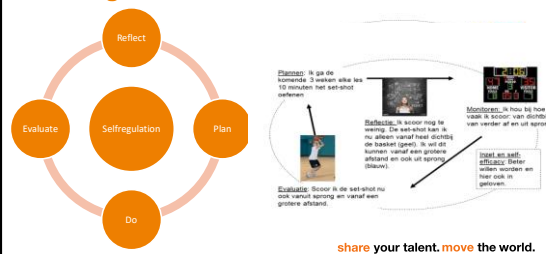


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## Goalkeeper: choose your development



## Selfregulation (Jonker, 2011; Zimmerman, 2006)



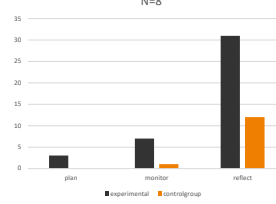
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## Each lesson: two sports, three levels



share your

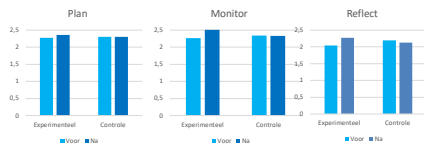
Audio-measurement: teachers feedback



Code	Examples
Plan	What is your level at this moment? Where are you aiming for?
Evaluate	Which goals did you reach today?
Reflect	What made it work in this month?

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Results Selfregulation Questionnaire students (n=88)



Significant differences pre- and posttest (experimental group)  
Significant difference on reflect (experimental versus control)  
Significant difference between schools

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## Question

- The biggest decline of sportsparticipation (regular club) is between 12-15 years



Stand up: true

Stay seated: false

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Sportparticipatie Nederland



Need of personalized sports  
Develop sportidentity  
Learn to selfregulate  
Develop Experience with different sport(motives)

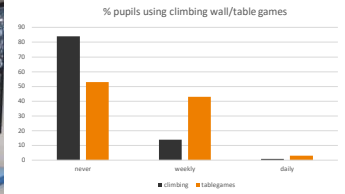
In the age 12-15 years, 50% drops out of regular sportsclub

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## Living lab Haren



## Changing behavior is difficult



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## Goalkeeper: choose your development



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## Question

The method Goalkeeper was successful in improving a healthy lifestyle after 16 weeks?



Stand up: false

Stay seated: true

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## Healthy week: role-models



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## Goalkeeper: selfregulation healthy lifestyle

Les 1

Wat is een gezond dieet?

Wat is een gezond dieet? Het is een dieet dat voldoende voedingsstoffen bevat en niet te veel calorieën. Het is een dieet dat voldoende vezels bevat en niet te veel vetten. Het is een dieet dat voldoende eiwitten bevat en niet te veel suikers. Het is een dieet dat voldoende mineralen bevat en niet te veel zouten.

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Voeding	Beveel	Beveel niet
Brood		
Wolfsmelk		
Wolfsmelk		
Wolfsmelk		
Wolfsmelk		
Wolfsmelk		

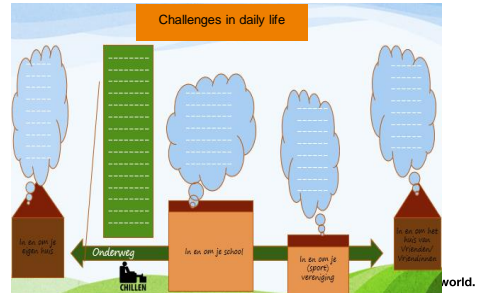
**Goede en slechte koolhydraten: Ken het verschil**

**Goede koolhydraten zitten in:**  
 (afbeelding van fruit, groenten, volkoren brood)

**Slechte koolhydraten zitten in:**  
 (afbeelding van snoep, fast food, wit brood)

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## Challenges in daily life



world.

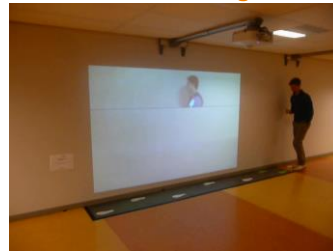
25% korting op alle uitdeelzakken snoep en chocolade mini's.



24-9-2020

the world. 27

## Possible solution: integration in daily life



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## Future ... Cornerstones of Healthy lifestyle



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Community based connection  
Sportsclub, transport

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## Theoretical framework: personalized multilevel, multi facet



Papadimitriou & Meyer, 2012; De Bourdeaudhuij et al., 2011

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**Mission statement:**  
Healthiest and most sportsminded school in the North

<b>Pillar 1</b> Physical Education	<b>Pillar 2</b> Active environment	<b>Pillar 3</b> Positive Health
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**3 levels: instruction on video**

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