

SOCIAL LEARNING AND PEDOMETER USE AS A PHYSICAL ACTIVITY INTERVENTION FOR FIFTH GRADE STUDENTS

Allison Edmonds, MS, ARNP
Doctoral Student, University of Central Florida
College of Health and Public Affairs, School of Nursing
HPA I - Suite 365
Orlando, FL 32816-2200
Research, Health Promotion, Physical Activity

Purpose: Pedometer and Social Learning Intervention for 5th Grade Students at Bryan Elementary School in Plant City, Florida is a study designed to investigate the use of pedometers and social learning theory in the development of a school based intervention to increase physical activity in a sample of 5th graders. The aims of the study are: to examine baseline levels of physical activity in a sample of 5th graders, to examine the effects of a pedometer-only compared with a pedometer and self-efficacy curriculum intervention on levels of physical activity, and to examine predictors of increased activity levels in the sample of 5th grade students.

Method: This study is a four-month pretest-posttest trial design. Of a convenience sample of five, 5th grade classes, two classes will be randomly selected for a comparison group receiving pedometers only; the other three classes will receive pedometers as well as monthly interventions using social learning theory. The interventions will be aimed at overcoming barriers to activity. Demographic information including age, gender and ethnicity will be collected on all participants. Pre and post study measures will be collected and include: self-efficacy and enjoyment of activity scales, height, weight, body mass index, waist/hip ratios, blood pressure and heart rate.

Findings: The hypothesized results include: there will be greater improvement of self-efficacy in the intervention group, and there will be greater improvement in physical activity, as measured by pedometer steps in the intervention group. Frequency distributions and bivariate analysis will be conducted on all variables. Paired and independent t tests will be used to compare groups; multivariate analysis will be used to identify predictors of physical activity.

Discussion: The outcomes from this pilot study will be used to develop the researcher's doctoral work and to develop a larger district wide intervention to promote physical activity among school-aged children.