

School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

Student No./Name: 1907781 Gary Howells
Module: Introduction to Sport and Exercise Psychology
Module Code: SHSS4086

Personal Evaluation – to support your academic progress please complete the section below **BEFORE** submitting your work.

What do you consider to be the best aspects of this work?	I feel my research and reading has been the best aspect to this essay. I have enjoyed looking for the information and reading up on it.
Which aspects do you consider could have been improved in this piece of work?	Referencing I have struggled to understand how to reference different types of information
What have you found most satisfying whilst undertaking this submission?	The information gathered on Physical activity out there for children.

ASSESSMENT CRITERIA	Learning Outcome	GRADE								%
		Poor < 20%	Weak 20-29%	Unsatisfactory 30-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 84%	Exceptional 85– 100%	
Introduction to the essay	1									5%
Identification of an appropriate age-group to discuss	2									5%
Discussion of potential psychological benefits for the chosen age-group	2,4									20%
Discussion of potential barriers for the chosen age-group	3,4									20%
Identification and explanation of strategy 1	4,5									15%
Identification and explanation of strategy 2	4,5									15%
Identification and explanation of strategy 3	4,5									15%
Summary of the essay content	1,4,5,									5%

It is expected that students will present work that is proof read, correctly referenced and adheres to the **Assessment Checklist**. Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the **checklist below**.

TUTOR COMMENTS:

Submission date: 20/03/2020 via Turnitin	Return date: (at least within 4 weeks)	Tutor: Alison Connaughton	Mark:
---	---	---------------------------	-------

The benefits of Physical activity for 4-18 year olds

In this essay we look at the psychological benefits and barriers of physical activity to the population of those 4-18 years of age. The aim of this essay is to look at the advantages and barriers of physical activity intervention to improve psychosocial well-being among school children and youths within this age group. The incentives that have been introduced to help and the barriers children still face when it comes to physical activity (PA).

The benefits of physical activity (PA) to the mental health and well-being of children 13-18 years old are well-established, as suggested by Smedegaard (2016). Research indicates that increased physical activity during school hours is associated with better physical, psychological and social health and well-being. Unfortunately, many children and young people exercise insufficiently to receive the positive effects Smedegaard (2016). Such as: - Reduced stress and increased relaxation. Taking a walk at dinnertime or a gym session will relieve stress. This is one of the most common mental health benefits of exercise in teens, meaning the activity can help manage physical and mental stress arising from negative experiences at school or difficult exams. It can also increase relaxation, impacting teens who struggle with insomnia or sleep deprivation. (trailscarolina.com) States Reduce risk of Cardiovascular disease. Suter (1993) study's shows the relationship between the risk factors for Cardiovascular disease (CHD) and physical activity. Many factors were examined, with results showing a massive decrease in the potential of Cardiovascular disease (CHD) when physical activity was introduced. This reduces anxiety and depression exercise releases endorphins - natural chemicals in your body that create feelings of happiness. Trailscarolina (2019) Six mental health benefits of exercise in teens research has demonstrated that exercise in teens can significantly improve depression or anxiety, with getting as little as 30 minutes of activity a few times a week leading to an improvement in overall mood. Exercising with an anxiety disorder can help reduce symptoms in teens and allow them to calm down. Moderate-to-high intensity exercises can have a similar influence on anxiety sensitivity states Trailscarolina (2019) Six mental health benefits of exercise in teens and shows

that it Improves self-confidence. Trailscarolina (2019) Six mental health benefits of exercise in teens also shows that Physical fitness can boost self-esteem and self-image. Exercising, regardless of size or weight can provide teens with an enhanced perception of his or her self-worth. Practicing this outdoors can have considerably greater effects. Finding an outdoor workout that fits your interests is a great way to meet people; building up other skills while focusing on self-esteem and self-worth. Trailscarolina (2019) Six mental health benefits of exercise in teens have proven this sharpens memory and prevent cognitive decline. Doing sporadic physical activities can boost memory and learning. Trailscarolina (2019) Six mental health benefits of exercise in teens Research has linked children's brain development with level of physical fitness. As we grow older, processing and maintaining information become more difficult for the human brain. Considering long-term benefits, exercise in the teenage years reduces the chances of developing diseases like Alzheimer's later in life. Working out at a young age boosts chemicals in the brain which prevent the degeneration of areas of the brain linked to memory and learning trailscarolina (2019) Six mental health benefits of exercise in teens research here shows the benefits in all aspects of physical activity (PA).

Removing barriers to sport youthsporttrust (2018) Research shows that 54% of boys and only 40% of girls aged 11 to 18 years enjoy physical activity, whilst enjoyment levels decrease with age. 82% of schools and children's groups reported that the availability of appropriate facilities or equipment was a key factor hindering the participation of children with disabilities. Robbins (2009) states barriers to physical activity (PA) reported by 206 middle school boys and girls in a survey were compared. Only one perceived benefit was identified by more girls than boys – PA's ability to help them take care of themselves, stay in shape and be healthier. Among students not on a sports team, boys reported fewer barriers than girls. Boys perceived more barriers than girls from those selecting an active pursuit on the other hand. When controlling for sports team participation and perceived benefits and barriers, boys reported more minutes of vigorous physical activity (PA) than girls. The genders reported relatively similar benefits of and barriers to physical activity (PA). Robbins (2009) Research suggests that more needs to be done to increase physical activity (PA) practically amongst girls. Reece (2020) research now shows how introducing a voucher scheme could have positive outcomes, allowing youths to participate in sport without a financial loss - this having been deemed a barrier due to high living costs.

In recent years, a number of strategies have been established to help 4-18 year olds to become more active and involved in sport. One of these reviewed in this essay is introducing the 'Daily Mile' the *daily mile* (2012) was introduced into schools enabling children to complete a mile a day within school time. This is free and simple initiative to improve the physical and mental wellbeing of children. As well as helping to raise Physical Activity (PA) in children whilst in school according to the *daily mile* (2012) there is no extra workload for teachers. Marchant (2020) Research undertaken by Swansea University, in association with Happen Wales, has concluded that the Daily Mile can increase children's fitness (by 9%) and has a positive impact on their attitudes towards physical activity. Marchant (2020) Research goes on to state that children reported increased feelings of happiness, demonstrating improvements in group work and social interactions with classmates. The study also highlights the importance of schools involving pupils in the delivery of the Daily Mile. Marchant (2020) States key factors associated with a positive Daily Mile experience for children included: flexible delivery, teacher participation, implementation during curriculum time and individual goal setting. Marchant (2020) goes on to state that the dynamic school environment generates challenges for school-based interventions to follow a uniform implementation method resulting in sustainability issues and limited evaluation. Another effective strategy put in place in 2017 is the Junior Parkrun parkrun (2004). Parkrun allows children from the age of 4 years to get active, without any financial commitment. parkrun (2004). Junior parkrun is a series of 2k runs for children held in areas of open space around the UK and Ireland. They are free, open to all and safe and easy to take part in. parkrun (2004) enforce that the courses are marshalled so that juniors will be in sight of at least one marshal at all times parkrun (2004). One of the leading school Physical Activity (PA) schemes a chance to shine chance to shine (2005) Say's the impacts on their work seen in school children are also attributable to the company a chance to shine chance to shine (2005). The initiative works in over 4,500 primary schools every year - one in five across Wales and England - supporting schoolchildren from ages 4 to 11 to take part in cricket. chance to shine (2005) state we inspire children to be excited about the sport. We teach pupils how to play cricket and ensure that they learn academic and life skills whilst they take part. At chance to shine (2005) Support staff to teach the sport, so that they develop a culture of cricket within their school. We encourage schools to complete, internally or taking part in a local tournament, and help children to take the

next steps to progress on their cricketing journey whilst being active and enjoying Physical Activity (PA)

To summarize this report, I believe that with the age group 4-18 years in mind there are a lot of great incentives out there to get them more active and involved in sport. There are many things we have identified such as The Daily Mile thedaily mile (2012), Junior Parkrun parkrun (2004) and A chance to shine chancetoshine (2005) All these have been proven to have a massive positive impact on children. The Impacts have been found to be positive on all different aspects of their life's such as Reduced stress, Smedegaard (2016). Increase relaxation, Smedegaard (2016). reduce risk of cardiovascular disease, Smedegaard (2016). create happiness and many other positive effects trailscarolina (2019) But we still understand there are so much more we can do to support Children with the barriers they face to overcome them so they too can enjoy Physical Activity (PA).

Word Count 1402

<https://www.chancetoshine.org/primary-schools>

Emily Marchant, Charlotte Todd, Gareth Stratton, and Sinead Brophy. "The Daily Mile: Whole-school Recommendations for Implementation and Sustainability. A Mixed-methods Study." *PLoS ONE* 15.2 (2020): E0228149. Web

REECE, L.J., MCINERNEY, C., BLAZEK, K., FOLEY, B.C., SCHMUTZ, L., BELLEW, B. and BAUMAN, A.E., 2020. Reducing financial barriers through the implementation of voucher incentives to promote children's participation in community sport in Australia. *BMC Public Health*, **20**, pp. 1-7.

ROBBINS, L.B., SIKORSKII, A., HAMEL, L.M., WU, T. and WILBUR, J., 2009. Gender comparisons of perceived benefits of and barriers to physical activity in middle school youth. *Research in nursing & health*, **32**(2), pp. 163.

Søren Smedegaard, Lars Breum Christiansen, Pernille Lund-Cramer, Thomas Bredahl, and Thomas Skovgaard. "Improving the Well-being of Children and Youths: A Randomized Multicomponent, School-based, Physical Activity Intervention." *BMC Public Health* 16.1 (2016): 1-11. Web

<https://support.parkrun.com/hc/en-us/articles/201853751-What-are-junior-parkruns->

Suter E, Hawes MR. Relationship of physical activity, body fat, diet, and blood lipid profile in youths 10-15 yr. *Medicine and Science in Sports and Exercise*. 1993 Jun;25(6):748-754.

<https://thedailymile.co.uk/>

<https://trailscarolina.com/blog/six-mental-health-benefits-exercise-teens/>

<https://www.youthsporttrust.org/removing-barriers-sport>