

# Behavioral and Social Approaches to Increase Physical Activity: Enhanced School-Based Physical Education

## Summary Evidence Table - Intervention Results: Effects on Total Physical Activity

Author (Year)	Measure	Outcome	Intervention Mean (sd)	Control Mean (sd)	P
McKenzie (1996) <sup>a</sup>	SA-PAC	Vigorous PA min	58.6 (2.6)	46.5 (3.1)	0.003
		MET-weighted vigorous PA	339.5 (15.1)	270.3 (18.1)	0.003
		General PA min	145.5 (4.1)	154.8 (4.9)	0.15
		General MET-weighted PA min	801.8 (22.8)	845.7 (27.4)	0.22
Rowlands (2008)	Accel	Total daily activity (counts/day)	377,422 (129,425)	340,743 (129,186)	0.038
		Moderate PA min	49.4 (19.0)	45.7 (19.7)	0.002
		Vigorous PA min	7.6 (5.3)	5.9 (5.0)	NS
Webber (2008) <sup>a</sup>	Accel	MET-weighted MVPA min	136.5	136.9	Mean diff (95% CI) -0.4 (-8.2, 7.4)
		MVPA min	22.2	22.4	Mean diff (95% CI) -0.2 (-1.4, 1.0)
		Total PA min	317.7	325.6	Mean diff (95% CI) -7.9 (14.9, -1.0)
Young (2006) <sup>a</sup>	7DPAR	Total kcal/kg/day	34.2 (2.9)	34.2 (2.1)	0.93
		Moderate kcal/kg/day	1.8 (3.0)	2.0 (1.4)	0.77
		Hard or very hard kcal/kg/day	1.5 (2.7)	1.4 (2.4)	0.69

<sup>a</sup> Multicomponent school-based physical activity intervention

**Abbreviations:** Accel, Accelerometer; kcal, kilocalorie; kg, kilogram; MET, metabolic equivalent; min, minutes; MVPA, moderate- or vigorous-intensity physical activity; PA, physical activity; SA-PAC, Self-Administered Physical Activity Checklist; 7DPAR, 7-day Physical Activity Recall