Physical Activity Breaks in FGCU Classrooms

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Abstract

Introduction

While physical activity participation has been proven to positively affect most health conditions, research has also shown that not enough of our population, regardless of age or ability, participate in recommended amounts of physical activity (Centers for Disease Control and Prevention, 2010; Douglas et al., 1997). Research also continues to support the idea that increases in time spent in sedentary behaviors increases risk for many detrimental health conditions such as obesity, diabetes, hypertension, pain and overall poor cardiometabolic health (Healy et al., 2011). Some studies have suggested that regular interruption of sedentary behavior with short PA breaks, light to moderate in intensity walking, are beneficial for the cognitive health and performance (Dunstan et al., 2012). While others suggest from the public health perspective that the promotion of increased physical activity, would be beneficial for the cognitive health and performance (Lucke and Patridge, 2013).

Methods

Design: PA breaks are ultimately made to get the blood flowing, but may also include primarily cognitive engagement.
- 50 to 60 minute classes 1 Physical Activity Break at 25-30 minute mark (approx.)
- 90 minute classes 1 Physical Activity Breaks at 45 minute mark (approx.)
- 120 minute classes 2 Physical Activity Breaks at 45 and 90 minute mark (approx.)
- 180 minute classes 3 Physical Activity Break at 45, 90, and 135 minute mark (approx.)

Methods: This study will look at your perception of physical activity and wellness and consist of a short pre and post survey that will be completed online.
- The faculty record will provide UIN and final grade in the class to the study Principal Investigators.
- A link is placed on the class canvas site with a link to the pre-survey and the informed consent that faculty and students are to complete.
- The faculty chooses a PA break video, a minimum of 5 times during the semester.
- At the end of the semester, the faculty and students will complete the post assessment provided via a canvas link.
- The faculty will be asked to send a copy of the student’s final grade and UIN which will be stored via a canvas link.
- Participation rate and demographic data will be gathered and analyzed.