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Abstract

Aim: To assess the correlation between after-school program attendance and meeting the Center for Disease Control (CDC) requirement of 60 minutes of moderate to vigorous physical activity (MVPA) per day.

Background: Less than 50% of all children meet the CDC required amount of MVPA. 1

Methods: Survey provided to 350 students in grades 6-12 describing participation in after-school programs

Analysis: We will analyze how many students participate in the after-school programs and how long those programs dedicate to physical exercise. We will also analyze what type of exercise is performed.

Limitations: We are limited to the students who are present in the classes we pass the surveys out to. Also, our data will only be analyzed on the surveys that are turned in complete.

Expected Findings

Support and validate our hypothesis. Schools providing more physical activity programs have higher rates of children meeting the CDC recommendation of 60 minutes of moderate to vigorous physical activity per day

Results significance. Highlight importance of meeting the physical exercise recommendation and how school can facilitate this standard of health

• Remind students to involve themselves in programs provided by their schools
• Encourage students to start programs that will help them meet the exercise recommendation if not already provided

Conclusion

• If adolescents in grades 6-12 in a Virginia city school system are participating in after-school physical programs, they are likely meeting the 60 minutes per day of MVPA.

Interprofessional Roles and Responsibilities

During adolescence, individuals strive to discover and establish identity by experimenting with different behaviors, roles, and activities.

• Heavy influence from parents and others, especially peers, societal trends and pop culture.
• Adolescents who receive proper encouragement and reinforcement through personal exploration will emerge from this stage with a strong sense of self and a feeling of independence and control. 15
• Adolescents are influenced by their friends to participate in physical activity or not.
• Adolescents will be more successful at engaging in physical activity with support of peer, parent or coach.
• Support from peers and adults can help adolescents overcome self-image barriers to physical activity. To increase the physical activity level of teens, get their friends involved, and teach them how to be physically active in traditional and non-traditional ways such as weight-lifting, yoga, rock climbing, and hip-hop dancing.

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