Project Title: A 5-year Follow-Up Study of Children’s Sport Participation and Physical Activity (CSPPA – Plus)

Principal Investigator: Dr Catherine Woods

School/Research Centre: School of Health and Human Performance

Project Description

Participants from the Children’s Sport Participation and Physical Activity (CSPPA) study will be tracked to assess changes in their physical activity (PA) over a 5-year period. The findings from the original CSPPA study are available to download at: [http://www.irishsportscouncil.ie/Research/Childrens_Sports_Participation_and_Physical_Activity_Stud/](http://www.irishsportscouncil.ie/Research/Childrens_Sports_Participation_and_Physical_Activity_Stud/). Of the 5,397 participants aged 10-18 years from across Ireland, 4200 (over 80%) agreed to follow up as part of a longitudinal study. The CSPPA Plus project will track these children and young adults to assess their PA maintenance, drop out or adoption and subsequent relationship to health over the past 5 years. **It is the first of its kind in Ireland.** Research methods include a physical activity and health questionnaire on full sample, physical health measures (cardiovascular fitness, height, weight, body mass index and blood pressure), energy expenditure measures (accelerometry) and interviews in a subsample. The questionnaire data collection period will run from February-June 2014. The intern will join the project post data collection and contribute to data management, analysis and write up. He/she will also be involved in preparing the follow up in the interviews.

The intern will receive tuition in SPSS, and will have skills development opportunities in data management including data inputting and data analysis, and preparation of journal articles. He/she will receive tuition in the preparation of a qualitative research study and encouraged to pursue this line of research in the final year project. Training on study procedures would commence on day one, allowing the intern to contribute at an early stage in the internship and to be engaged quickly and effectively in the research. Additional support and training will be available to the intern through the Childhood and Physical Activity research cluster.
The intern will also have been engaged in literature review, presentations and input to
development of follow-up study. This CSPPA plus data is crucial to development of Ireland’s 1st

It is also part of the deliverables of Healthy Ireland (see: http://www.dohc.ie/issues/healthy_ireland/2013).

**Internship Descriptor/Specification**

During the course of this internship the role will be to assist in the longitudinal CSPPA study
(Children’s Sport Participation and Physical Activity). This 5-year follow-up study will involve
working as part of a research team (postgraduates, undergraduates and staff) in order to assess
the physical health and correlates of physical activity in post-primary and young adults.

The intern will work as part of an international dynamic researcher team within the Childhood
and Physical Activity research cluster in the School of Health and Human Performance, DCU. In
this role the intern will be exposed to numerous research projects, including Y-PATH, Be Active ASAP, the Active Healthy Kids Report Card and the Sport for Life project. There will be
opportunity to see first-hand what research entails from data collection through data analysis
and the basics of report presentation and publication.

**Specific responsibilities include:**

- Assessment of psychosocial indices of physical activity and health.
- Assessment of physical indices of fitness, BMI, 20m Shuttle run test, blood pressure and
  other health status measures.
- Working with 15-25 year old age group
- SPSS data inputting, analysis and write up.
- Qualitative research, in particular development of interview scripts for assessing barriers
  and motivations for remaining active or dropping out of physical activity in this key at risk
  group.
- Assist postgraduate research assistants on various physical activity and health projects.
- Duties related to research and running of research projects as required by staff within
  the HHP.

Additional experiences available to the intern will also include the DCU MedEx programmes,
assisting with the new National Physical Activity Plan that is being co-ordinated by Healthy
Ireland (Department of Health and Department of Transport, Tourism and Sport), and the
presentation of Ireland’s first Active Healthy Kids Ireland Report Card.