Move for Well-being in Schools
– A multicomponent school-based physical activity intervention

Purpose
Presentation of the stepwise development for implementation and evaluation of a multicomponent school-based physical activity intervention Move for Well-being in Schools.

Design & Method
The study is a three year project with implementation of the RCT phase in the school year 2015/16. The RCT will be conducted at 24 schools with +3000 students in the 4.th – 6.th grade.

The intervention is guided by the Medical Research Council (MRC) framework on development of complex interventions which consist of a four phase model. A key component is Knowledge Translation based on the Knowledge-to-Action (K2A) framework that constitutes a systematic and well developed method to support the integration of best available research evidence with local context and practice.

This study will....
With its cluster RCT study design evaluate real world effectiveness of an physical activity intervention. This may be useful for comparative effectiveness research because the focus is on understanding the effects and implementation of an intervention in a pragmatic, real-world setting. The study will provide answers to some of the themes regarding PA and well-being currently discussed in the Danish school system.