# Article information:

Effect of school-based interventions on physical activity and fitness in children and adolescents: a review of reviews and systematic update | British Journal of Sports Medicine  
<https://bjsm.bmj.com/content/45/11/923>

# Article summary:

1. School-based interventions are effective in increasing physical activity (PA) and fitness in children and adolescents.

2. Multicomponent intervention strategies, including family components, show the highest level of evidence for increasing overall PA.

3. The effectiveness of family involvement, focus on healthy populations at increased risk, or duration and intensity of the intervention is still controversial.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Effect of school-based interventions on physical activity and fitness in children and adolescents: a review of reviews and systematic update" provides a comprehensive overview of recent reviews and new intervention studies aimed at increasing physical activity (PA) and fitness in youth. The authors conclude that school-based multicomponent intervention strategies, including family components, show the highest level of evidence for increasing overall PA.

Overall, the article appears to be well-researched and balanced, providing both positive and negative findings from previous studies. However, there are some potential biases and limitations to consider. For example, the authors only included studies published from 2007 to 2010, which may not reflect more recent developments in this field. Additionally, the inclusion criteria for the studies may have excluded relevant research that did not meet all of the specified requirements.

One potential source of bias is that the authors appear to focus primarily on the effectiveness of school-based interventions rather than considering other factors that may influence PA and fitness in youth. For example, they do not discuss broader societal factors such as access to safe outdoor spaces or socioeconomic status that may impact a child's ability to engage in regular physical activity.

Another limitation is that while the authors acknowledge controversy regarding certain aspects of intervention strategies (such as family involvement), they do not fully explore counterarguments or alternative perspectives on these issues. This could lead readers to assume that there is a clear consensus on what constitutes an effective intervention strategy when there may be differing opinions among experts in this field.

Finally, while the article does note some potential risks associated with low levels of PA and fitness in youth (such as increased risk for obesity), it does not fully explore any potential downsides or unintended consequences of implementing school-based interventions. For example, some critics argue that overly structured exercise programs may discourage children from engaging in spontaneous play or other forms of physical activity outside of school hours.

In conclusion, while "Effect of school-based interventions on physical activity and fitness in children and adolescents: a review of reviews and systematic update" provides valuable insights into current research on this topic, readers should be aware of its potential biases and limitations. Further research is needed to fully understand how best to promote healthy levels of PA and fitness among youth.

# Topics for further research:

* Socioeconomic factors and physical activity in youth
* Access to safe outdoor spaces and youth physical activity
* Alternative perspectives on effective intervention strategies for youth physical activity
* Risks and unintended consequences of school-based physical activity interventions
* Spontaneous play and physical activity in youth
* Long-term effects of school-based physical activity interventions on overall health and well-being.

# Report location:

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