



## Do it yourself!

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DIYPES (Do it yourself! A participative approach to increase participation and engagement of high school students in physical education and sport classes) project is an idea born from the wish of changing behaviors related to physical activity that can further influence physical, psychological, cognitive and social development of individuals. The project started in January 2017 and it will last for two years. During this period, the focus of this project will be children and the youth population because they are in the phase of body development and this is the most favorable moment to set a pathway for preventing obesity and the uptake of risky behaviors such as smoking or drug and alcohol use.

The solution we found for tackling the issue of decreased physical activity levels in the youth population is through approaching the physical education (PE) teachers as PE classes are already included in the school curriculum, they have a fixed schedule and they facilitate team work and group activities. In the DIYPES project high-school students, PE teachers, researchers and PE specialists will work together to find solutions to make PE classes more attractive to students.



# Why high-school students?

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Because it is scientifically proven that adolescence is the age with the highest drop-out in physical activity levels. Secondly, the participatory approach proposed for the planning entails an important input from the target group (high school students and PES teachers). Thirdly, the increased level of autonomy incurred by the nature of the intervention, that gives the participating high-school students the right to decide for themselves in terms of PE classes development.

# What is the main objective?

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DIYPES project aims to increase the levels of participation and engagement/enjoyment of high-school students in PE classes and to reach an optimal balance between effectiveness and enjoyment, and positive engaging experiences for the students during these classes.

# So far...

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We started the PES curriculum analysis in the partner countries using thematic document analysis of official documents followed (and complemented) by interviews with PES specialists and teachers. We have also introduced the DIYPES project to the local education authorities and identified the high-school to be involved in the 5 partner countries.

The first DIYPES consortium meeting (the project kick-off meeting) was held in Cluj-Napoca, Romania, on 27-28 February 2017. The meeting was organized by the DIYPES project Coordinator, University Babes-Bolyai, Department of Public Health ([www.publichealth.ro](http://www.publichealth.ro)).

At the kick-off meeting the main object of the discussion were financial and technical management issues concerning the project but also guidelines and tasks for each partner country.

# What's next?

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During the next consortium meeting, that will take place in Rome on December 11-12, and will be co-organized by the Italian partner – National Research Council and by the project coordinator, University Babes-Bolyai, we will discuss the first results of the PE curriculum analysis and the methodology to be adopted for the 3 month intervention that will be implemented on a population of about 1250 students from 15 high-schools in the partner countries.



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