

# Behavioral and Social Approaches to Increase Physical Activity: Enhanced School-Based Physical Education

## Summary Evidence Table - Intervention Results: Effects on Aerobic Capacity

Author (Year)	Measure	Outcome	Intervention	Control	P
McKenzie (1996) <sup>a</sup>	9-min run	Number of yards	Mean (SE) <sup>b</sup> 1521.9 (9.7)	Mean (SE) <sup>b</sup> 1,503.2 (11.4)	0.21
Sallis (1997)	FITNESS-GRAM Mile run	Boys, mile run in seconds	Mean (95% CI) <sup>c</sup> 578.1 (517.3, 638.8)	Mean (95% CI) <sup>c</sup> 632.4 (565.4, 699.3)	0.33
		Girls, mile run in seconds	Mean (95% CI) <sup>c</sup> 668.0 (629.3, 706.6)	Mean (95% CI) <sup>c</sup> 727.7 (703.9, 751.7)	0.03
Young (2006) <sup>a</sup>	3-stage step test	Submaximal heart rate	Mean (sd) -6.2 (16.4)	Mean (sd) -3.5 (18.3)	0.91

<sup>a</sup> Multicomponent school-based physical activity intervention

<sup>b</sup> Adjusted for baseline values, weather conditions, site, gender, and race.

<sup>c</sup> Adjusted 2-year mean; Intervention = Specialist-led PE condition

### Abbreviations:

CI, confidence interval

sd, standard deviation

SE, standard error