



Students on the Move – increasing sense of community and study ability

Specialist Johanna Kujala, Students on the Move programme



The aim of the Students on the Move activities is to

- Increase physical activity among students and improve their capacity to study
- Develop an operating culture that supports activity in educational institutions
- Increase cooperation between different actors
- Target groups: upper secondary education and higher education



Background of the programme

- As a part of the key project the Schools on the Move Programme was expanded to upper secondary education in 2017
- Two-year trial projects were launched in 2017 and a total of around EUR 4.6 million of funding was granted to 50 trial projects covering 124 educational institutions and 95,000 students
- 2.8 million were allocated to the Students on the Move programme from the government's budgetary funds for 2019



How many educational institutions have registered?

- **227 education institutions**
 - 154 General upper secondary schools (41% of all)
 - 50 Vocational institutions (38%)
 - 13 Higher education institutions (31%)
 - 10 Other learning institutions (3%)
- Approximately 260 000 students



What are the benefits of increasing physical activity?

- Increasing the level of activity supports
 - learning
 - participation
 - the sense of community
- Reduced musculoskeletal problems
- Improved capacity to study and work



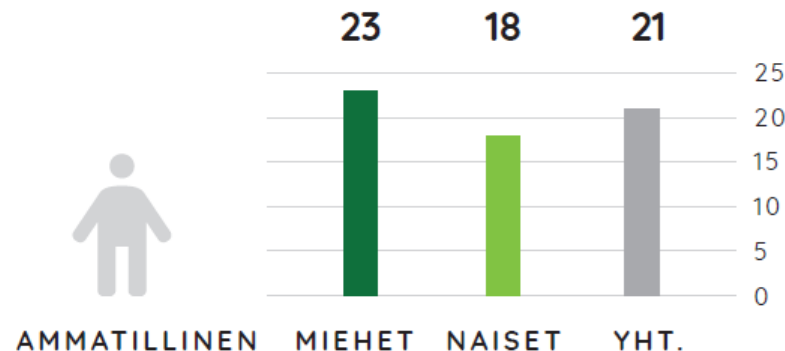
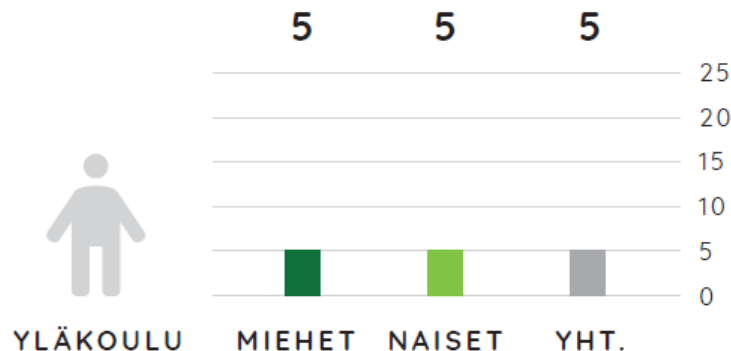
Students have a lot of sedentary time during the study day

- Students in general upper secondary education remain sedentary approximately nine hours a day
- About one in ten upper secondary and vocational schools have listed practices to reduce sitting and increase physical activity



of upper secondary
students
achieve the recommended
minimum of one hour
of physical activity per day

Approximately every fifth vocational student is physically inactive



Lähde: Kirsti Siekkinen, Jarmo Heiskanen, Hermann Oksanen, Harto Hakonen ja Tuija Tammelin. [Lisää liikettä ammattiin opiskelun tueksi.](#)
Tuloksia ammattiin opiskelevien nuorten liikkumisesta, ajatuksista liikkumisen lisäämisestä ja ennusteita fyysisestä työkyvystä



The majority of students

- would like to be more active (73-80%)
- feel that physical activity supports their studies (62-70%)
- want the conditions at school to be developed in a way that
 - increases physical activity
 - have the opportunity to use physical activity facilities during the study day



School staff has a positive attitude

- 90 per cent of the staff consider that physical activity during study day promotes learning and enjoyment in studies.
- Over 90 per cent are worried about the students' future working ability.
- Approximately every fifth general upper secondary teacher and every tenth vocational teacher feels like Students on the Move increases their workload.



How to get started?

- All educational institutions can register free of charge
- Every educational institution and student community implements more active days in its own way
- The Students on the Move Self-Evaluation Survey helps educational institutions to assess the initial situation and to choose the measures
- Students and members of the personnel should be involved in the planning of the activities
- It is possible to start even from something very small and a lot can be done without any extra resources



- Conditions that support physical activity (e.g. free use of sports facilities)
- Students activating their peers (e.g. peer tutoring in physical activity)
- Activity-based teaching
- Breaking up sedentary time during lessons
- Physically active commutes to places of study
- Break times that encourage physical activity

Changes in the operating culture

	Vocational institutions		General upper secondary schools	
	2017	2019	2017	2019
There are standing desks and alternatives for sitting in the classrooms.	7 %	72 %	32 %	82 %
Activity-based methods are used to reduce the sedentary time.	23 %	56 %	25 %	37 %
The sports facilities of the institution can be used freely during the study day.	20 %	56 %	52 %	69 %
Students can get personal counselling about physical activity.	30 %	68 %	40 %	49 %



Based on The Students on the Move Self-Evaluation Survey