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

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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

1 Lasten ja nuorten liikunnan asiantuntijaryhmä. Opetusministeriö ja Nuori Suomi ry 2008


22% of upper secondary students achieve the recommended minimum of one hour of physical activity per day.
Approximately every fifth vocational student is physically inactive
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
Ideas for more active studying

• 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

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