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Article Summary

The ‘Assessment of a Pilot Video’s Effect on Physical Activity and Heart Health for young Children’ by Sarah Levin, Maurice Martin, Thomas Mckenzie, and Amy Delouise is a great example for our class as it depicts clearly the efforts and effects of those working in health promotion fields and their impacts through various tactics and studies. In this particular study, the four researchers above aimed to examine activity levels of students in Pre-K to grade 2 and the effect of “Dynamotion” video tape on the children’s attitude toward physical activity, self efficacy, and more.

In children, the percentage that have become overweight has nearly doubled which raised questions for this group of researchers. The reason they had believed for this change was due to sedentary behaviors outside of school, the focus being on how an excessive amount of TV viewing for children can negatively impact their opportunity physical activity. Also this issue was attributed to the lack of adequate physical activity teachings in school due to time constraints. As health promoters, they aimed to see if they could devise a program that could positively effect children through the TV viewing that was doing so much damage to the general population. The model would be similar to those used in elementary school video showings, where their “Dynamotion” video which engaged children in healthy behaviors was shown for a 15-minute period.

The research included 208 diverse participants in a Maryland elementary school from kindergarten through second grade. A pre test and post test was created to measure knowledge and self efficacy of the participants tested before and after the intervention. The test included a nine item (quantitative) questionnaire based on questions and pictures of basic anatomy and physical activity. A qualitative assessment was also given to see whether the students enjoyed the video and to assess their performance and attitude changes towards physical activity. The intervention mentioned above included the 15-minute educational video on the heart, lungs, and more.

The results of this experiment showed that health promotion can be used through many different mediums, one of them being television as long as the goal is positive and the intent and various ideas are well thought out as they were in this occasion. The astounding figure that stood out amongst all results was that the interventions knowledge scores increased by 25.4% from pre to post test showing the effectiveness of the brief educational video. Also self efficacy rose from 24% to 44% amongst the children in regards to believing they were physically capable. Although there were limits such as time restraints and the lack of ability to test multiple times, the results were positive in light to health promotion and how educational videos can positively effect long term health.

Link: [https://content.ebscohost.com/ContentServer.asp?T=P&P=AN&K=106801522&S=L&D=rzh&EbscoContent=dGJyMNHr7ESep7Q4zdnyOLCmr06eqK9SsKm4TK+WxWXS&ContentCustomer=dGJyMPGusUq3p7FJuePfgeyx43zx](https://content.ebscohost.com/ContentServer.asp?T=P&P=AN&K=106801522&S=L&D=rzh&EbscoContent=dGJyMNHr7ESep7Q4zdnyOLCmr06eqK9SsKm4TK%2BWxWXS&ContentCustomer=dGJyMPGusUq3p7FJuePfgeyx43zx)