

CGA/16/10 – Increasing physical activity among teenage girls: establishing the theoretical basis for an intervention

This work will support a future application to develop an intervention to address insufficient physical activity (PA) among Scottish adolescent girls. We will examine the relationship between PA and three modifiable social and psychological factors (i.e., 1. Style of PE teaching, 2. Degree to which girls see themselves as exercisers, 3. Girls' thoughts about how they may be perceived by others during PA). Theory and emerging research evidence indicates that these three factors impact girls' PA.