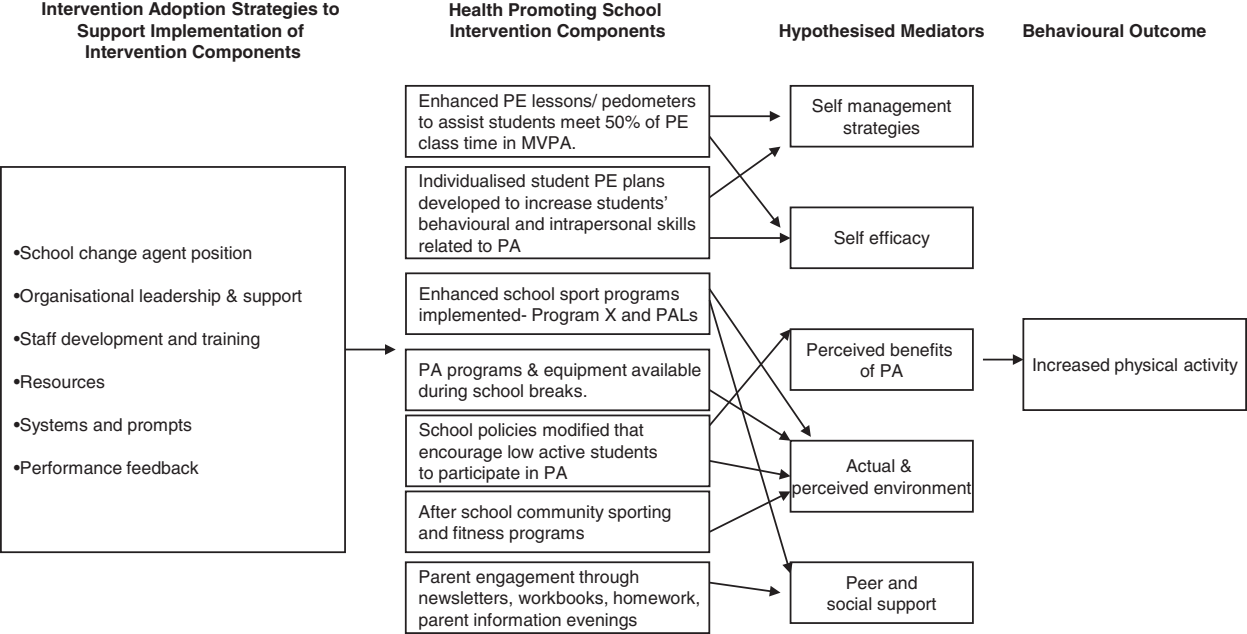
Intervention Adoption Strategies to Support Implementation of Intervention Components
Health Promoting School Intervention Components
Hypothesised Mediators
Behavioural Outcome
•School change agent position
•Organisational leadership & support
•Staff development and training
•Resources
•Systems and prompts
•Performance feedback
Enhanced PE lessons/ pedometers to assist students meet 50% of PE class time in MVPA.
Individualised student PE plans developed to increase students' behavioural and intrapersonal skills related to PA
Enhanced school sport programs implemented- Program X and PALs
PA programs & equipment available during school breaks.
School policies modified that encourage low active students to participate in PA
After school community sporting and fitness programs
Parent engagement through newsletters, workbooks, homework, parent information evenings
Self management strategies
Self efficacy
Perceived benefits of PA
Actual & perceived environment
Peer and social support
Increased physical activity