

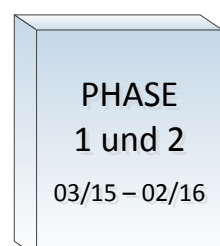
# Physical activity-related health competence in apprenticeship & vocational education

## PARC-AVE

### Objectives

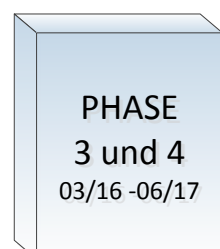
Promotion of Physical Activity-related Health Competence (PARC) among apprentices using two cooperatively developed interventions, a) a physical activity-related intervention for apprentices, and b) an interprofessional education intervention for stakeholders in vocational education (VE).

### Methods



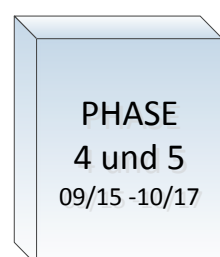
Survey and interviews:

- cross sectional online survey of PARC components and additional outcomes among apprentices using standardized questionnaires and accelerometers
- semi-structured interviews with apprentices and stakeholders in VE settings to assess individual determinants for PARC, existing concepts in VE, barriers and facilitators



2 cooperative planning strategies to develop and implement:

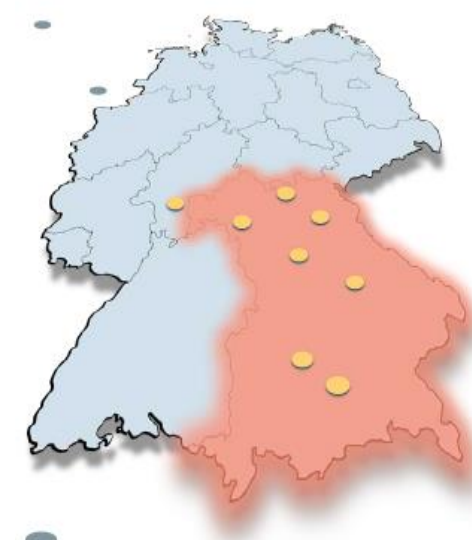
- a physical activity-related intervention for apprentices and
- an interprofessional education intervention for stakeholders in VE setting (assessed by structured documentation, i.e., meeting protocols, content analysis)



Standardized summative evaluation:

- of the effects of the physical activity intervention on PARC (questionnaires and accelerometers), and
- the effects of the interprofessional education intervention on attitudes of stakeholders in VE, and on organizational and structural preconditions using semi-structured interviews

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### Expected results

- Improved PARC among apprentices, contributing to improved health outcomes
- improved attitudes among stakeholders
- enhancement of organisational and structural capacities to promote PARC in VE settings through cooperatively developed interprofessional education
- sustainable transfer of interventions into practice through the venues of participating partner institutions

Project:	Prof. Dr. Klaus Pfeifer (Principal investigator), Jana Semrau (Project management)
Project partners:	Prof. Dr. Eckart Severing, Research Institute for Vocational Education and Training (f-bb)
Implementation:	<i>Nursing</i> : Center for Vocational Education (BBZ) Ingolstadt, Hospital Ingolstadt (via BBZ); <i>Car Mechatronics</i> : Center for Vocational Education AUDI Ingolstadt
Political partners:	State Vocational School for Nursing (VSN), University Medicine Erlangen; Chamber of Industry and Commerce (IHK); Chamber of Trade Mittelfranken (HWK); Bavarian Health and Food Safety Agency (LGL)
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