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2010

The Biennial Fritz Duras Lecture

Standing up for children's health and education: questioning the sedentary nature of classrooms

Presented by Jo Salmon, Personal Chair in the Centre for Physical Activity
and Nutrition Research, Deakin University

Tuesday July 27
6pm-7pm

Theatre A, Elisabeth Murdoch Building (Building 134)

Register your attendance online by visiting:
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FACULTY OF
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DEAN'S LECTURE SERIES 2010

Fritz Duras Lecture - to commemorate the significant contribution Dr Fritz Duras has made to the University of Melbourne and the Australian community.

Standing up for children's health and education: questioning the sedentary nature of classrooms

Emerging evidence suggests that even among physically active children, spending extended periods of time sitting or in specific sedentary behaviours such as television viewing, is associated with an increased likelihood of overweight and obesity, higher blood pressure, and higher insulin resistance. However, electronic entertainment media comprise only a portion of the sedentary day for most children.

In this lecture Professor Salmon will draw on a study of more than 2,500 Australian children which suggests that they are completely sedentary for approximately three hours during the school day. Several intervention studies have reported successfully increasing children's physical activity during class time by incorporating 10-minute physical activity breaks during lessons. Other interventions have reported positive outcomes through delivery of active lessons. Whether these are feasible strategies within a crowded curriculum is debatable. She will discuss the important implications for children's educational outcomes and also for children's health that such novel approaches to lesson delivery may have.

Free public lecture - all welcome. Refreshments provided

For further information contact Lauren Graham:

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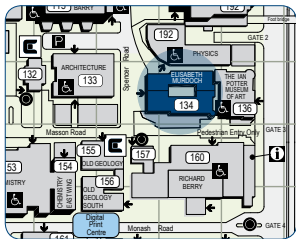
E: education-events@unimelb.edu.au



Jo Salmon



Professor Jo Salmon holds a Personal Chair in the Centre for Physical Activity and Nutrition Research, Deakin University and is supported by a Heart Foundation Career Development Award. She has been a Chief Investigator on 14 nationally competitive grants, and has published more than 110 peer-review journal articles and nine book chapters. Her research interest is assessing the effectiveness of interventions to reduce children's sedentary behaviours and promote physical activity. Professor Salmon played a key role in development of the National Child and Youth Physical Activity Recommendations for 0-5 year olds and 5-18 year olds in Australia. She is also Principal Investigator on a 5-year group randomised controlled trial called Transform-Us!, which aims to reduce children's sedentary behaviour and promote their physical activity and health in home and school settings.



Theatre A
Elisabeth Murdoch Building
(Building 134)
The University of Melbourne
Parkville Campus

