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| Let’s get physical | |
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| Project Time Frame | 2021 with approximately 3 months of data collection |
| Project Description | Active Geelong is a collaborative project that brings together leading businesses, doctors, researchers and individuals to address inactivity in the Geelong region. The vision of Active Geelong is to help make Geelong Australia’s most active city (https://www.activegeelong.org.au/). Participation in regular physical activity can help prevent a range of chronic diseases, including cardiovascular disease and diabetes that are common in south west Victoria. Active Geelong is works with workplaces to support employees to become more active. Workplaces register their interest through a website where information is gathered on workplaces, reasons for participation, preferred physical activity interventions and outcomes. With a view to enhancing the impact of Active Geelong and providing evidence for similar initiatives, this project will evaluate the process and impact of the Active Geelong Workplace initiative. |
| Methodological Approach | Cross-sectional survey of physical activities programs in Geelong workplaces and before and after surveys of employees to determine the short-term impact of Active Geelong. Activities will include data collection at a variety of Geelong workplaces, cleaning and analysis of qualitative and quantitative data. |
| Covid-19 considerations | Surveys can be conducted on line if necessary |
| Ethics | An ethics application will be required for this project |
| Necessary Skills / Knowledge | Knowledge of and interest in physical activity promotion  Quantitative research skills  Qualitative research skills |
| Additional Details | Joint supervision between the School of Health and Social Development and the School of Medicine |