

Building an Active School with the Youth Activity Profile

Want to know how active your students are in the classroom and how you can reduce sitting time?

The Youth Activity Profile (YAP) is an evidence-based tool designed to assess physical activity and sedentary behaviors.

The YAP is also a useful tool to understand classroom behaviors and how to reduce students' sitting time! We are looking to pilot this new feature with local schools



What's in it for you?

- Curricular resources for teachers
- Student, class, and school-level report of activity and sitting time

What does it involve?

- 1-week data collection period in classroom settings
- Student completion of the YAP tool (~10 minutes during class)

For more information, please email Dr. Greg Welk (gwelk@iastate.edu). See additional information on the YAP at www.youthactivityprofile.org



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Youth Activity Profile

