

Abstract

Physical activity during adolescence improves overall health and reduces disease risk. Adolescent inactivity, however, increases one's risk of poor health outcomes and social and behavioral problems. Currently, most female adolescents do not meet the recommended activity amount set forth by the U.S. Department of Health and Human Services. To improve adolescent physical and psychosocial skills effective programs are needed. This project sought to evaluate the impact of positive-youth development lessons on self-efficacy and physical activity. This project utilized a one group pretest-posttest design comparing minutes of moderate-to-vigorous intensity physical activity and self-efficacy scores before and after the intervention. The intervention consisted of four weekly sixty minute positive youth development lessons utilizing the "Girls Just Wanna Have Fun" curriculum. A total of four participants were involved in this project. Results revealed that physical activity rates and self-efficacy levels decreased after implementing weekly self-efficacy lessons into afterschool programming; however, results were not statistically significant. All participants exceeded Physical Activity Guidelines (median: 208 minutes). This project was affected by several study limitations. Further research is needed to evaluate the potential impact positive youth development lessons may have on self- efficacy and physical activity rates on adolescent females.

Keywords: female, adolescents, self-efficacy, physical activity, exercise