



Engaged Research Case Study Template

Project Title (8 words max)	Moving Well – Being Well
health and well-being	
Project synopsis (100 words max) Please give a very short description of the societal challenge, the action taken, and the intended/ achieved result.	<p>Moving Well – Being Well is a large-scale project assessing fundamental movement skills (FMS) of young people participating in hurling and Gaelic football. Dublin GAA have, in conjunction with the national GAA organisation, liaised with DCU about assessing the movement skills of children in Ireland. The GAA, with SFI and DCU, have implemented the project.</p> <p>Just 11% of Irish teens have mastered fundamental movements that they should have mastered by the age of 6. While investigating the factors that motivate children to partake in physical activity, the existing research emphasises the importance of developing the fundamental movement skills in children. Tackling these problems requires a new perspective. In this vision, the individual has the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for maintaining purposeful physical pursuits/activities throughout the lifecycle. This singular, unique and ambitious project is assessing 3000+ students around the country with a view to better understand the relationship between physical literacy, health related fitness, wellbeing and physical activity. The "Moving Well - Being Well" project is the largest of its kind globally.</p>
Higher Education Institution:	DCU
Engaged Research Partners (civic, civil society organisations, Social enterprises, public or professional service or product users, policy makers, members of the public).	GAA, Dublin GAA
Engagement (research method or activity) (100 words max)	<p>This project sought to undertake research with and by a grassroots voluntary organisation, and to implement the outputs associated with the research.</p> <ul style="list-style-type: none"> Assess the current status of Irish children’s physical literacy, particularly take into account the psychological, environmental and social factors, in which may contribute to children’s under-engagement with physical activity.



CampusEngage

Network for the Promotion
of Civic Engagement
in Irish Higher Education

	<ul style="list-style-type: none"> • Develop and evaluate a school based intervention with a specific focus on fundamental movement skills (FMS) • Ascertain the best method to upskill teachers and coaches.
<p>Project outputs and outcomes: (600 words max) Please describe briefly the target audience and activities that occurred and short terms results. This information could include:</p> <ul style="list-style-type: none"> • who you worked with; • issue to be addressed • what actions you took; • the geographical location; • any shorter-term outcomes or changes in local situation and circumstances, knowledge and skills attitudes or behaviour, policy, practice, organisational development etc, decision-making. 	<p>The outputs are as follows:</p> <ul style="list-style-type: none"> • A school based intervention with a specific focus on fundamental movement skills (FMS). <p>The outcomes are as follows:</p> <ul style="list-style-type: none"> • Awareness of the importance of sports and exercise for young people • Change in behaviour towards movement and exercise from the age of six year onwards • Impact on the organisation and skills development of both coaches and parents at local level. • Policy change within the GAA on skills development across the country, leading to predicted improved GAA skills and healthier lifestyles across the age groups
<p>Longer term anticipated areas for Impact (Choose from below): Economic Policy & Public Service Societal Engagement Health & Wellbeing Professional services Environmental New knowledge Human Capacity</p>	<p>Health & Wellbeing through healthy living New knowledge through analytical data and publications Social engagement through sports, via the largest community-based and voluntary organisation in the country, with input to every town and parish in Ireland Human capacity through development of personal traits and behaviour</p>
<p>Funding source:</p>	<p>SFI & GAA, Dublin GAA</p>
<p>For more information contact:</p>	<p>Prof Noel O'Connor (DCU)</p>