<table>
<thead>
<tr>
<th>Engaged Research Case Study Template</th>
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<tbody>
<tr>
<td><strong>Project Title (8 words max)</strong></td>
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<td><strong>health and well-being</strong></td>
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<td><strong>Project synopsis (100 words max)</strong></td>
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<td><strong>Higher Education Institution:</strong></td>
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<td><strong>Engaged Research Partners (civic, civil society organisations, Social enterprises, public or professional service or product users, policy makers, members of the public).</strong></td>
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<td><strong>Engagement (research method or activity) (100 words max)</strong></td>
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### Project outputs and outcomes: (600 words max)

Please describe briefly the target audience and activities that occurred and short term results. This information could include:

- 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.

The outputs are as follows:

- A school based intervention with a specific focus on fundamental movement skills (FMS).

The outcomes are as follows:

- 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.

### Longer term anticipated areas for Impact (Choose from below):

**Economic**
**Policy & Public Service**
**Societal Engagement**
**Health & Wellbeing**
**Professional services**
**Environmental**
**New knowledge**
**Human Capacity**

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

### Funding source:

SFI & GAA, Dublin GAA

### For more information contact:

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