

The Children's Leisure Activities Survey (CLASS)

Exploring family environment influence on children's physical activity and sedentary behaviours using the CLASS

Australian Context

- Family environment is a potentially potent source of influence on children's physical activity and sedentary behaviour.
- The 'Children's Leisure Activities Study', or CLASS was designed to:
 1. enhance the knowledge and understanding of physical activity and sedentary behaviour patterns of Australian children and
 2. explore how the family environment influences physical activity and sedentary habits among children at primary school entry age (5–6 years) and primary school exit age (10–12 years).

Outcome measures from CLASS survey

- PHYSICAL ACTIVITY

- Type of leisure physical activity
- Frequency and total time spent in each activity
 - Monday to Friday
 - Saturday & Sunday

- SEDENTARY BEHAVIOUR

- Type of sedentary activity
- Total time spent in each activity
 - Monday to Friday
 - Saturday & Sunday

Strengths

- Type, frequency and time (duration)
- Measure both physical activity and sedentary habits
- Covers wide range of activities
- Weekday and weekend differences

Uses of CLASS data

- Epidemiology
- Policy makers
- School staff
- Local government