



Irish Life
health



Irish Life Health **Schools' Fitness Challenge** Barometer 2017

irishlifehealth.ie/fitnesschallenge

About the Irish Life Health Schools' Fitness Challenge

Since 2013, the Schools' Fitness Challenge has helped Irish students become fitter, healthier and more energetic. The 2017 Schools' Fitness Challenge invited secondary schools across the country to join us in highlighting the importance of fitness to our future health and to make increasing physical activity a national priority. At Irish Life Health, our aim is that young people will adopt a healthier and more active lifestyle, which will positively benefit their long term health.

There are three phases to the Irish Life Health Schools' Fitness Challenge.

- 1 Initial fitness test to measure fitness levels
- 2 Six week training programme to help improve cardiovascular fitness levels
- 3 Repeat fitness test to measure new fitness levels

This year's challenge was completed over 11 weeks from September to December 2017. The fitness levels of Irish secondary school students were assessed, with the aim of helping Ireland become a fitter and healthier nation.

This year more schools entered the challenge than ever before, which is good news for Irish children and the overall health of the nation. Irish Life Health would like to sincerely thank all of the principals and teachers for supporting this year's challenge, and making a positive contribution to the health and wellness of Irish children.



Analysis of results

The aim of the Irish Life Health Schools' Fitness Challenge is to highlight the importance of cardiovascular fitness for young people. The challenge also shows that improvements can be made with as little as 6 weeks of exercise and training.

The 2017 Irish Life Health Schools' Fitness Challenge

This year, 30,851 students (17,393 girls and 13,458 boys) took part in the challenge, with a total of 14,991 (8,952 girls and 6,039 boys) completing all phases of the challenge.



The winners

Congratulations to all of the schools who took part in the 2017 Irish Life Health Schools' Fitness Challenge. A huge well done from everyone in Irish Life Health to all of our winners.

FIRST PLACE

IRELAND'S FITTEST SCHOOL

Boys	St. Macartan's College, Monaghan Town
Girls	Mount Anville Secondary School, Dublin
Mixed/Overall	Gort Community School, Galway

IRELAND'S MOST IMPROVED SCHOOL

Boys/Overall	St. Macartan's College, Monaghan Town
Girls	Loreto Secondary School, Wicklow
Mixed	Gort Community School, Galway

This year, we'd also like to recognise the schools who came in second and third place. Congratulations on your results.

SECOND PLACE

FITTEST SCHOOL

Boys	Summerhill College, Sligo
Girls	St. Louis Secondary Monaghan
Mixed	St Michael's Community College, Clare

MOST IMPROVED SCHOOL

Boys	Coláiste Choilm CBS, Dublin
Girls	Coláiste Íosagáin, Dublin
Mixed	Newpark Comprehensive School, Dublin

THIRD PLACE

FITTEST SCHOOL

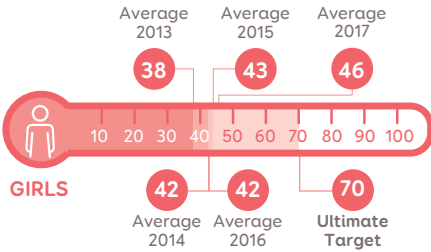
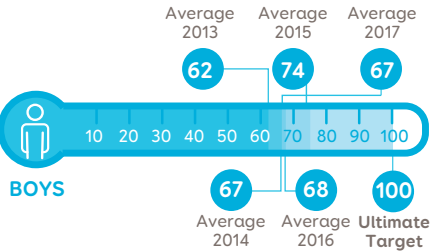
Boys	Hamilton High School, Cork
Girls	The Teresian School, Dublin
Mixed	Coláiste Choilm, Cork

MOST IMPROVED SCHOOL

Boys	Hamilton High School, Cork
Girls	Loreto Abbey Dalkey, Dublin
Mixed	Ardscoil Phadraig, Longford

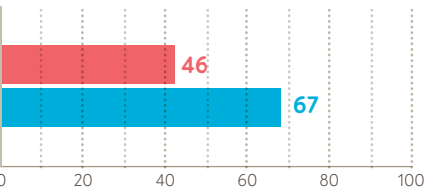
Shuttle barometers

These barometers show the average number of shuttle runs completed by Irish boys and girls during phase 2 of the Irish Life Health Schools' Fitness Challenge from 2013 to 2017. The ultimate target is recommended by the centre for Preventive Medicine, DCU.

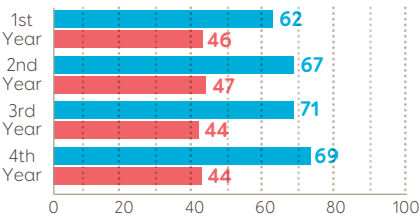


Average number of shuttle runs

Boys vs. Girls: 31% difference

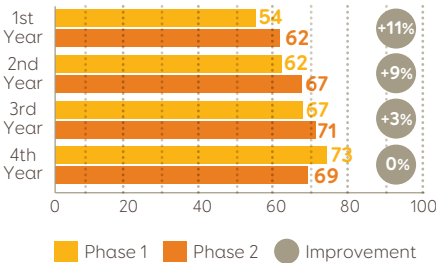


Average number of shuttle runs completed by boys and girls after 6 week training programme was completed.

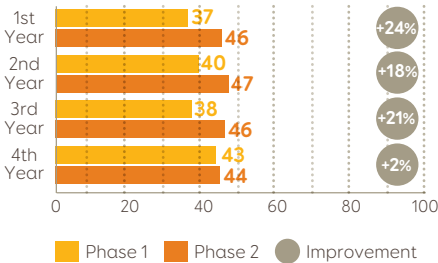


Average number of shuttle runs completed by 1st - 4th year boys and girls after 6 week training programme was completed.

Improvement levels



Percentage improvement in fitness by boys after 6 week exercise programme. The percentage difference is between the 1st and 2nd bleep tests.



Percentage improvement in fitness by girls after 6 week exercise programme. The percentage difference is between the 1st and 2nd bleep tests.

Recommendations

1. The Irish Life Health Schools' Fitness Challenge demonstrates that exercise intervention at a young age can improve fitness among school-going children and that fitness levels could be continually assessed to improve the overall health of the nation.
2. Ideally Irish girls should be completing a minimum of 70 shuttle runs in the bleep test.
3. Ideally Irish boys should be completing a minimum of 100 shuttle runs in the bleep test.
4. Low Cardiorespiratory fitness in childhood and youth is a predictor of cardiovascular and metabolic diseases later in life. Since the levels of Cardiorespiratory fitness tend to track from childhood to adolescence and from adolescence to adulthood every effort should be made to promote high levels of Cardiorespiratory fitness in early in life.
5. Continuous surveillance of Cardiorespiratory fitness in children and youth should be mandatory in primary and secondary schools.
6. There is nothing more important to an individual than their health.
On the basis that schools provide universal access over a sustained period to children and youth, there is a urgent need for a new stand-alone health science curriculum in both primary and secondary school.



Niall Moyna
Prof. Niall Moyna

Participating schools

School	County	School	County	School	County
Coláiste Aindriú	Carlow	Gaelcholáiste Charra	Cork	Deele College	Donegal
St Aidans Comprehensive	Cavan	Maria Immaculata Community College	Cork	Errigal College	Donegal
St Clare's College	Cavan	Mayfield Community School	Cork	Finn Valley College	Donegal
Virginia College	Cavan	McEgan College	Cork	Gairm Scoil Chú Ulad	Donegal
Kilrush Youthreach	Clare	Midleton College	Cork	Loreto Community School	Donegal
Scariff Community College	Clare	Millstreet Community	Cork	Magh Ene College	Donegal
St Flannan's College	Clare	Nagle Rice Secondary	Cork	St Eunan's College	Donegal
St Michael's Community	Clare	Scoil Beara	Cork	St. Catherine's Vocational	Donegal
Árdscoil Uí Urmaltai	Cork	Scoil Mhuire	Cork	The Royal and Prior	Donegal
Boherbue Comprehensive	Cork	Scoil na mBráithre	Cork	Ardgillan Community	Dublin
Carrigtwohill Post Primary	Cork	St Colman's Community	Cork	Balbriggan Community	Dublin
Coachford College	Cork	St Fanahan's College	Cork	Belvedere College	Dublin
Coláiste Choilm	Cork	St Mary's High School	Cork	Castleknock College	Dublin
Colaiste Ghobnatan	Cork	St. Brogan's College	Cork	Chanel College	Dublin
Coláiste Pobail Bheanntai	Cork	Thornhill College	Derry	Coláiste Bride	Dublin
Coláiste Treasa	Cork	Abbey Vocational School	Donegal	Coláiste Dhúlaigh	Dublin
Douglas Community School	Cork	Crana College	Donegal	Coláiste Eoin	Dublin

School	County	School	County	School	County
Coláiste Ghlór na Mara	Dublin	St. Brigid's School	Galway	Ratoath College	Meath
Coláiste Íosagáin	Dublin	Castleland Community	Kerry	St Ciaran's Communit	Meath
Coláiste Mhuire	Dublin	Community College Killarney	Kerry	St Oliver Post Primary	Meath
Deansrath Community	Dublin	Mean Scoil Naomh Ioseph	Kerry	Ballybay Community College	Monaghan
Donabate Community College	Dublin	Mercy Secondary School	Kerry	Inver College	Monaghan
Firhouse Community College	Dublin	Presentation Secondary	Kerry	St Louis Secondary School	Monaghan
Gaelcholáiste Reachreach	Dublin	Scoil Phobail Siabh	Kerry	St. Louis Secondary	Monaghan
Hansfield Education	Dublin	St. Brigid's Secondary	Kerry	St. Macartan's College	Monaghan
Holy Child Community	Dublin	Tarbert Comprehensive	Kerry	Coláiste Íosagáin	Offaly
Jesus and Mary College	Dublin	Transforum Alley	Kerry	St Mary's Secondary	Offaly
John Scottus Secondary	Dublin	Celbridge Community	Kildare	St Patricks	Offaly
Kingswood Community	Dublin	Confey Community College	Kildare	St.Brendan's Community	Offaly
Kishoge Community College	Dublin	Curragh Post-Primary	Kildare	Tullamore College	Offaly
Le Cheile Secondary	Dublin	Leixlip Community School	Kildare	Abbey Community Collge	Roscommon
Loreto Abbey Secondary	Dublin	Maynooth Community College	Kildare	C.B.S. Roscommon	Roscommon
Loreto College	Dublin	Piper's Hill College	Kildare	Elphin Community College	Roscommon
Mount Anville Secondary School	Dublin	Scoil Dara	Kildare	Roscommon Community	Roscommon
Muckross Park College	Dublin	St Conleth's Community	Kildare	Coláiste Iascaigh	Sligo
Newpark Comprehensive	Dublin	Coláiste Cois Siúire	Kilkenny	Coola Post Primary School	Sligo
Oatlands College	Dublin	Coláiste Pobail Osrai	Kilkenny	Mercy College	Sligo
Portmarnock Community	Dublin	Grennan College	Kilkenny	Summerhill College	Sligo
Presentation Community School	Dublin	St Kieran's College	Kilkenny	Ursuline College	Sligo
Rathmines College	Dublin	St. Brigid's College	Kilkenny	Borrisokane Communit	Tipperary
Rosary College	Dublin	Scoil Christ Ri	Laois	Coláiste Mhuire Co-Ed	Tipperary
Rosmini Community School	Dublin	Carrigallen Vocational School	Leitrim	Comeragh College	Tipperary
Saint Dominic's Secondary	Dublin	Colaiste Mhichil	Limerick	Our Ladys Secondary	Tipperary
Scoil Chaitriona	Dublin	Colaiste Mhuire	Limerick	Patrician Presentation	Tipperary
Scoil Chiarain	Dublin	Coláiste Nano Nagle	Limerick	St. Alibe's School	Tipperary
St Andrews College	Dublin	GAELCHOLAÍSTE LUIMNIGH	Limerick	St. Anne's Secondary School	Tipperary
St Declan's College	Dublin	Kilmallock Youth	Limerick	The Abbey School	Tipperary
St Joseph's Secondary	Dublin	Salesian Secondary College	Limerick	Ursuline Secondary School	Tipperary
St Marys College	Dublin	Ardscail Phadraig	Longford	Ard Scoil na nDeise	Waterford
St Michaels Secondary School	Dublin	St. Mel's College	Longford	Coláiste Chathail Naofa	Waterford
St Raphaela's Secondary	Dublin	Ballymakenny College	Louth	Our Lady of Mercy Secondary School	Waterford
St Vincents C.B.S. G	Dublin	Dundalk Grammar Schoool	Louth	St Angela's Ursuline	Waterford
St. Kevins College	Dublin	Sacred Heart Secondary	Louth	Meán Scoil an Chloch	Westmeath
The High School	Dublin	St Vincent's Secondary	Louth	Moate Community School	Westmeath
The Kings Hospital	Dublin	St. Joseph's C.B.S.	Louth	Our Lady's Bower	Westmeath
The Teresian School	Dublin	Ballinrobe Community	Mayo	Coláiste Abbain	Wexford
Trintiy Comprehensive	Dublin	Colaiste Chomain	Mayo	Creagh College	Wexford
Ardscail Mhuire	Galway	Jesus & Mary Secondart	Mayo	Enniscorthy Youth reach	Wexford
Coláiste Bhaile Chláir	Galway	Mayne College	Mayo	F.C.J. Secondary School	Wexford
Coláiste na Coiribe	Galway	Sacred Heart School	Mayo	Good Counsel College	Wexford
Glenamaddy Community	Galway	Scoil Mhuire Agus Padraig	Mayo	St. Mary's C.B.S.	Wexford
Gort Community School	Galway	St. Louis Community School	Mayo	St. Mary's Secondary	Wexford
Presentation College	Galway	Coláiste Clavin	Meath	Vocational College Bunclody	Wexford
Scoil Chuimsitheach	Galway	Colaiste na hInse	Meath	Coláiste Raithin	Wicklow
St Brigids College	Galway	De Lacy College	Meath	East Glendalough School	Wicklow
St Pauls	Galway	Franciscan College	Meath	Gaelcholáiste na Mara	Wicklow
St Raphaels College	Galway	Loreto Secondary School	Meath	St Brigids NS	Wicklow

