



Irish Life
health



Irish Life Health **Schools' Fitness Challenge** Barometer 2018

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 2018 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 2018. The fitness levels of Irish secondary school students were assessed, with the aim of helping Ireland become a fitter and healthier 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 2018 Irish Life Health Schools' Fitness Challenge

This year, 24,167 students (12,912 girls and 11,255 boys) took part in the challenge, with a total of 14,804 (8,246 girls and 6,558 boys) completing all phases of the challenge.



The winners

Congratulations to all of the schools who took part in the 2018 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 MOST IMPROVED SCHOOL

Boys	Summerhill College, Sligo
Girls	Alexandra College, Dublin
Mixed/Overall	Gort Community School, Galway

IRELAND'S FITTEST SCHOOL

Boys	St. Macartan's College, Monaghan Town
Girls/Overall	Colaiste Naomh Mhuire, Kildare
Mixed	Carrigallen Vocational School, Leitrim

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	St Eunan's College, Donegal
Girls	St. Louis Secondary Monaghan
Mixed	Abbey Community College, Roscommon

MOST IMPROVED SCHOOL

Boys	Templeogue College, Dublin
Girls	Colaiste Naomh Mhuire, Kildare
Mixed	Gaelcholaiste Phort Lairge, Waterford

THIRD PLACE

FITTEST SCHOOL

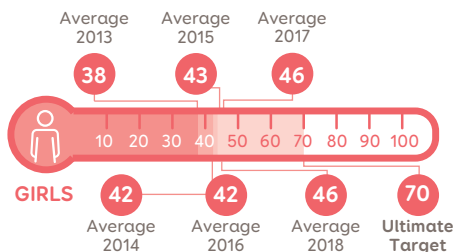
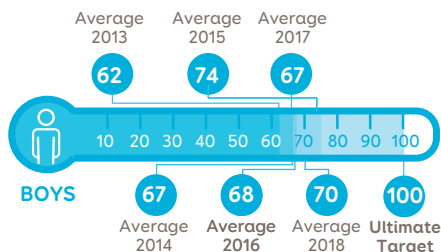
Boys	C.B.S. Roscommon
Girls	Mount Anville Secondary School, Dublin
Mixed	Gort Community School, Galway

MOST IMPROVED SCHOOL

Boys	C.B.S. Roscommon
Girls	Loreto Abbey Dalkey, Dublin
Mixed	Ardscuil na Tríonoide, Kildare

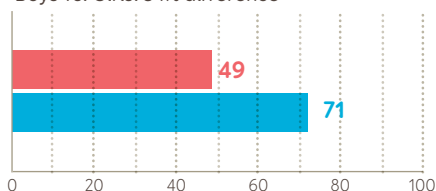
Shuttle barometers

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 2018. The ultimate target is recommended by the centre for Preventive Medicine, DCU.

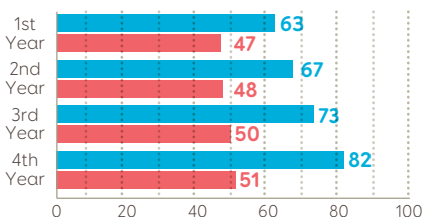


Average number of shuttle runs

Boys vs. Girls: 34% difference

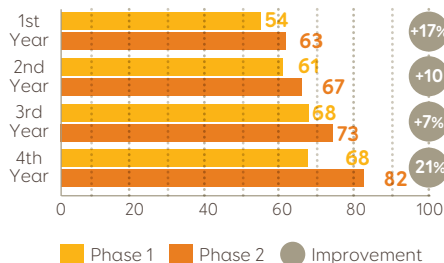


Average number of shuttle runs completed by boys and girls after 6 week training programme was completed.

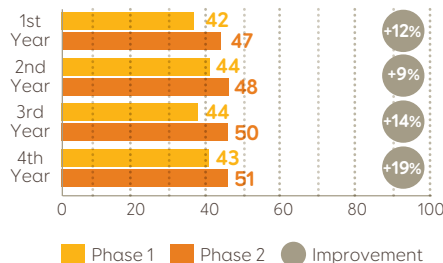


Average number of shuttle runs completed by 1st - 4th year boys and girls after 6 week training programme was completed.

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. Low cardiorespiratory fitness during adolescents is associated with premature death and increased risk of developing chronic diseases such as cardiovascular disease, type 2 diabetes and non-alcohol fatty liver.
2. Since the levels of cardiorespiratory fitness tend to track from adolescence to adulthood every effort should be made to promote high levels of cardiorespiratory fitness in early in life.
3. The Irish Life Health Schools' Fitness Challenge demonstrates that a 6-week exercise intervention can improve cardiovascular fitness by more than 10% among school-going children
4. Continuous surveillance of cardiorespiratory fitness should be mandatory in secondary school, and should form part of a lifelong "health portfolio"
5. Leaving Certificate students should receive up to 50 extra points for achieving targeting cardiovascular fitness levels
6. There is an urgent need to improve health literacy among teenagers. On the basis that schools provide universal access to teenagers over a sustained period, this could potentially be achieved by introducing a new innovative health science curriculum in secondary school



Niall Moyna
Prof. Nial Moyna

Participating schools

School	County	School	County	School	County
Gaelcholaiste Cheatharlach	Carlow	Davis College	Cork	Finn Valley College	Donegal
St Mary's Knockbeg College	Carlow	Edmund Rice College	Cork	Gairm Scoil ChUladh	Donegal
Breifne College	Cavan	Gaelcholaiste Charraig Ui Leighin	Cork	Loreto Community School	Donegal
Royal School Cavan	Cavan	Gaelcholaiste Mhuire	Cork	Loreto Secondary School	Donegal
St Aidans Comprehensive School	Cavan	Glanmire Community College	Cork	Magh Ene College	Donegal
St Patrick's College	Cavan	Midleton College	Cork	Mulroy College	Donegal
Virginia College	Cavan	Millstreet Community School	Cork	Pobalscoil Chloich Cheannfhaola	Donegal
Ennis Community College	Clare	Mount St Michael	Cork	St Columba's Comprehensive School	Donegal
Scariff Community College	Clare	Nagle Rice Secondary School	Cork	St Eunan's College	Donegal
Scoil Mhuire	Clare	Patrician Academy	Cork	St. Catherine's Vocational School	Donegal
St Anne's Community College	Clare	Presentation Secondary School	Cork	Alexandra College	Dublin
St Flannan's College	Clare	Skibbereen Community School	Cork	Ballinteer Community School	Dublin
Ardscoil Ui Urmoltaigh	Cork	St Colman's Community College	Cork	Colaiste Aosagin	Dublin
Ballincollig Community School	Cork	St Fanahan's College	Cork	Colaiste Eoin	Dublin
Colaiste Choilm	Cork	St Mary's Secondary School	Cork	Colaiste Ghlor na Mara	Dublin
Colaiste Christ Ri	Cork	Colaiste Phobail Cholmille	Donegal	Colaiste Mhuire	Dublin
Colaiste Ghobnatan	Cork	Errigal College	Donegal	Colaiste Padraig CBS	Dublin

School	County	School	County	School	County
Educate Together	Dublin	Community College Killorglin	Kerry	Sacred Heart Secondary School	Offaly
Gaelcholaiste an Phiarasaigh	Dublin	Killarney Community College	Kerry	Abbey Community College	Roscommon
Grange Community College	Dublin	Mean Scoil Naomh Ioseph	Kerry	C.B.S. Roscommon	Roscommon
Hansfield Education Together		Mercy Secondary School Mounthawk	Kerry	Castlereagh Community School	Roscommon
Secondary School	Dublin	Presentation Secondary School	Kerry	Ballinode College	Sligo
Holy Child Community School	Dublin	Presentation Secondary School	Kerry	Corran College	Sligo
Holy Family Community School	Dublin	St. Brigid's Secondary School	Kerry	Summerhill College	Sligo
Jesus and Mary College	Dublin	St. Michael's College	Kerry	Borrisokane Community College	Tipperary
Kingswood Community College	Dublin	Ardscoil na Tríonóide	Kildare	Colaiste Phobail	Tipperary
Kishoge Community College	Dublin	Ardscoil Rath Íomghain	Kildare	Nenagh Vocational School	Tipperary
Loreto Abbey Secondary School	Dublin	Colaiste Naomh Mhuire	Kildare	Patrician Presentation	Tipperary
Loreto College	Dublin	Leixlip Community School	Kildare	St. Josephs College	Tipperary
Loreto College	Dublin	Maynooth Community College	Kildare	St. Alibé's School	Tipperary
Manor House School	Dublin	Maynooth Post Primary School	Kildare	St. Joseph's C.B.S.	Tipperary
Mount Anville Secondary School	Dublin	Naas Community College	Kildare	Ard Scoil na nDeise	Waterford
New Cross College	Dublin	Scoil Mhuire Community School	Kildare	Colaiste Chathail Naofa	Waterford
Portmarnock Community School	Dublin	Colaiste Cois Sifire	Kilkenny	Gaelcholaiste Phort Láirge	Waterford
Presentation Community College	Dublin	Colaiste Mhuire	Kilkenny	Loreto College	Westmeath
Rathmines College	Dublin	Community School	Kilkenny	Wilson's Hospital School	Westmeath
Saint Dominic's Secondary School	Dublin	Heywood Community School	Laois	Bridgetown College	Wexford
Sandford Park School Ltd	Dublin	Portlaoise College	Laois	Colaiste Abbain	Wexford
Scoil Naithi	Dublin	Scoil Chríost Rí	Laois	Colaiste an Atha	Wexford
St Andrews College	Dublin	Carrigallen Vocational School	Leitrim	Loreto Secondary School	Wexford
St Joseph's Secondary School	Dublin	Ardscoil Rís	Limerick	St. Mary's C.B.S.	Wexford
St Mac Dara's Community College	Dublin	Educate Together Limerick	Limerick	Youthreach Enniscorthy	Wexford
St Marys Secondary School	Dublin	Thomond Community College	Limerick	Colaiste Bhríde Carnew	Wicklow
St Michaels Secondary School	Dublin	Ardscoil Phadraig	Longford	Gaelcholaiste na Mara	Wicklow
Templeogue College	Dublin	St. Mels College	Longford	Glenart College	Wicklow
The Kings Hospital	Dublin	Templemichael College	Longford	Loreto Secondary School	Wicklow
The Teresian School	Dublin	Our Lady's College	Louth	North Wicklow Educate Together	
Ardscoil Mhuire	Galway	Sacred Heart Secondary School	Louth	Secondary School	Wicklow
Colaiste an Eachridh	Galway	St. Louis Secondary School	Louth	Scoil Chonglais	Wicklow
Colaiste Cholmille	Galway	St. Joseph's C.B.S.	Louth	St Gerard's School	Wicklow
Colaiste Ghobnait	Galway	Ballyhaunis Community School	Mayo		
Colaiste na Coiribe	Galway	Colaiste Mhuire	Mayo		
Colaiste Naomh Feichín	Galway	Colaiste Pobail Acla	Mayo		
Colaiste Naomh Inne	Galway	Sacred Heart School	Mayo		
Colaiste Sheosaimh	Galway	St. Joseph's Secondary School	Mayo		
Gairmscoil na bPiarsach	Galway	St. Joseph's Secondary School	Mayo		
Glenamaddy Community School	Galway	Boyne Community School	Meath		
Gort Community School	Galway	Eureka Secondary School	Meath		
Mercy College	Galway	Franciscan College	Meath		
Merlin College	Galway	St. Oliver Post Primary	Meath		
Portumna Community School	Galway	Largy College	Monaghan		
Presentation College	Galway	Our Lady's Secondary School	Monaghan		
St Brigid's College	Galway	St. Louis Secondary School	Monaghan		
St Raphaels College	Galway	St. Louis Secondary School	Monaghan		
St. Brigid's School	Galway	St. Macartan's College	Monaghan		
St. Cuan's College	Galway	Colaiste Aosaigain	Offaly		
Causeway Comprehensive School	Kerry	Gallen Community School	Offaly		
Colaiste Ade	Kerry	Oaklands Community College	Offaly		

