



Investigate the reasons for success of a physical activity intervention on a group of previously inactive elderly people

Overview

- The Sports Development Unit co-ordinate a number of physical activity interventions in Plymouth including programmes that aim to increase the activity levels of the elderly. One particular group have experienced a great improvement in their mobility and health and wellbeing in general.
- It would be beneficial to study the programme to help identify the specific elements or combination of elements that have produced such positive outcomes for the participants.
- This may involve qualitative as well as quantitative research to provide evidence of impact as well as participant insight to build a more holistic view of the participants and their lifestyles.

The aim is to establish the reasons why this particular group have benefitted more than others. The findings would allow the learning to be shared and help to improve the outcomes for other similar intervention groups.

Contact [Paul Johnson](#) for further information