INTERVENTION IMPLEMENTATION

RECRUITMENT

YEAR 10 GIRLS
(Age 15-16yrs)
n=31

YEAR 7 GIRLS
(Age 12-13yrs)
n=34

Week 1

One day training
n=8

Regular Sport Education
Curriculum in class

Week 2

Assisted Implementation
n=8
Participants  n=7
Non-participants  n=1
Due to external workplace
experience

Blindfold ‘Challenge’

Week 3

Unassisted Implementation
n=8
Participants  n=5
Non-participants  n=3
Due to external workplace
experience, community
leadership course, school
athletics team

‘Paper Race & Ball Challenges’
implemented

Participation in the GLAMA
program
n=34
Participants  n=28
Non-participants  n=6
Due to illness (3), absence
from class (2), injury (1)

Data Collection

Week 1: Leadership Training
Evaluation (Q)

Week 2 & 3: Evaluation of
Assisted and Unassisted
Implementation (Q)

Verbal debrief & discussion of
assisted implementation

Week 3: GLAMA program
Evaluation (Q)

Week 3: GLAMA program
evaluation (GR)

Note: d= duration of challenge; Q= Questionnaire; GR= group response

Figure 2: GLAMA intervention pilot project implementation timeline.