

Combining HIIT, open scenarios, and health recommendations: Implementation of the OBLOMOV method in Belgium

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The originality of the OBLOMOV method is based on the integration of short periods of High Intensity Intermittent Training (HIIT) in theatre open scenarios to motivate inactive youths to involve themselves in physical activities. The foundations of this approach refer to the motivational power of playful situations and the imaginary of the pre-adolescents.

A unit of 10 lessons has been elaborated for a pre-teens public. The first 7 immerse participants into stories using cultural references (National Geographic, Eurosport, 24h Chrono, Koh-Lanta, Ninja Warrior, Fort Boyard, The Simpsons). The 8th lesson allows the youths to choose the activity that they preferred. During the 9th and 10th, they are invited to develop their own scenario and prepare a video to be presented to their parents. During each lesson, 10 HIIT are proposed. The duration of the activities' intervals increases progressively from 20 to 45 seconds. One specific health message is integrated in each lesson with the aim to be transferred into real life (hydration, physical activity recommendations, stress management, nutrition, back ergonomics, sleep, sedentariness).

Four PE teachers attended a 2-day preparation seminar aiming to prepare them to implement the unit in their school. They were trained to use the material developed according to the specific context of their schools. A part of the seminar was focused on the preparation of video clips.

Pre- and post-session interviews have been conducted to determine how the teachers experienced the seminar. In parallel, participant observation permitted to analyze the teachers' behaviors during the seminar and to collect qualitative data about the interactions between all actors involved in the project (process analysis).

During the implementation of the project in five classes of 5th and 6th grades (pupils of 11-13 year-old), data collection was focused on teachers' and pupils' behaviors and perceptions.