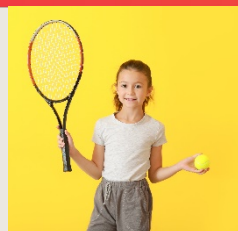


Move-Girls Program

ECU Physical Activity Hub



MOVE-GIRLS PROGRAM

Edith Cowan University is conducting research to investigate ways for girls to become more physically active and feel more confident to participate in sport, games and fitness.

We are offering a free, 10-week fun-based movement program called **Move-Girls** at the Joondalup campus.

Eligible participants will receive an initial assessment of their fundamental movement skills, fitness, physical activity levels and self-confidence. Results from the initial assessment are available to parents.

Following testing, girls will be randomly allocated into Group A or Group B. Group A will start the program in Term 3 or 4, 2020 and Group B will start the program in Term 2 or 3, 2021.

The 10-week program includes targeted activities (including movement skills, strength and fitness), as well as expert instruction and feedback in a fun and non-threatening environment.

The **Move-Girls** Program is an initiative of the Exercise and Sports Science Department, School of Medical and Health Sciences.

Where: Building 22, Edith Cowan University, Joondalup Campus

Initial assessment: July 2020

Program participation: Term 3 or 4 (2020) or Term 2 or 3 (2021) (Tuesday and Thursday 4pm – 5pm)

Who: Girls (8-11/12 years) who would like to improve their movement and sport skills, fitness, physical activity levels and self-confidence.

Cost: Free

For further information please contact Kylie Cormack (details below)

Chief Investigator: Kylie Cormack,
Senior Lecturer, Exercise & Sports Science
Email: k.cormack@ecu.edu.au

Phone: 0427 927 325

Program website:

<https://www.ecu.edu.au/schools/medical-and-health-sciences/community-outreach->

MOVE-GIRLS

