

10,000 Steps Case Report 29

Shalom Christian College Walking Group

Background:

Introducing a get fit program for senior indigenous female boarding students at Shalom Christian College.

Objectives:

- Increase fitness in senior indigenous female boarding students.

Implementation Strategies:

- Proposed to lead a 1-hour walk after school every evening.
- Use pedometers to measure steps walked.
- Alternate teachers/boarding staff to lead walks with students.

Outcomes:

- Senior students did not participate in the walks.
- However, juniors students did become involved. Approximately 15 participated in the walks.
- Promised support from boarding staff did not eventuate.

Where to from here:

The girls still go for a walk with a secondary teacher once a week. The number of steps is irrelevant to the students. It is a social outing as well as for fitness.

Lessons Learnt:

1. The participating students did not “get” the idea of increasing their steps. They just wanted to walk and have a social outing.
2. The competition element, even to beat their own number of steps did not work for this specific group.
3. For most of the students involved, the idea of 10,000 steps was meaningless. Most of them are from remote areas and their language does not include large numbers (e.g. 10,000).

Total Project Costs:

- Minimum cost for cheap pedometers.
- Some students paid for their pedometer while a teacher funded the purchase of the rest.

This Case Report was developed by:

Shalom Christian College