

ABSTRACT

Children show a very complex movement pattern. A healthy child has many opportunities to get physical active during the day. Sports and games are unconsciously embedded in their daily live and most of their distances can be done by foot, by scooter or by bicycle and offers them to get more physical active and independent mobility. However, in recent years, movement deficits have been detected, a greater tendency to become overweight and a decrease in mental wellbeing among children and adolescents.

The present study examines the share of active mobility (walking, scooter or bicycle) in the daily activity of children aged 11 to 13 and the extent to which the travel mode is related to physical activity. At the same time, it was analyzed whether and how active mobility and physical activity influence the subjective mental well-being and cognitive performance of children. For this purpose, a survey was run with pupils of the 1st and 2nd grade of a new middle school in rural areas in Lower Austria over a period of one week. For the survey fitness trackers and questionnaires (such as exercise and activity diaries) were used.

At the target group, significant correlations between subjective well-being and the share of active mobility as well as purpose / goal / accompaniment could be proven. Paths that are actively covered contribute significantly to achieving the WHO Movement Recommendation; Active mobility shows a significant correlation with the achievement of the goal of the WHO Movement Criteria. In addition, children with a higher range of physical activity have a more positive attitude toward life than less active children.

The results of this work show the complexity of the factors influencing the well-being of children and mobility and should be the impetus for further research.