



**University
of Victoria**

Graduate Studies

Notice of the Final Oral Examination
for the Degree of Master of Science

of

FILOMENA (MENA) WESTHAVER

BSc (University of Victoria, 1995)

“Exploring the feasibility and outcomes of an intergenerational physical activity leadership program (IPAL+) using interpretative phenomenology”

School of Exercise Science, Physical and Health Education

Monday, August 28, 2017

2:00 p.m.

McKinnon Building

Room 155

Supervisory Committee:

Dr. Lara Lauzon, School of Exercise Science, Physical and Health Education, University of Victoria
(Supervisor)

Dr. PJ Naylor, School of Exercise Science, Physical and Health Education, UVic (Member)

Dr. Todd Milford, Department of Curriculum and Instruction, UVic (Outside Member)

External Examiner:

Dr. Honore France, School of Educational Psychology and Leadership Studies, UVic

Chair of Oral Examination:

Dr. Holly Tuokko, Department of Psychology, UVic

Dr. David Capson, Dean, Faculty of Graduate Studies

Abstract

Intergenerational (IG) research has been a growing area of study, however, further study is recommended. The intergenerational physical activity leadership (IPAL+) program examined the feasibility of bringing together elementary school students (ESSs), high school students (HSSs), and older adults (OAs) on the playground to teach playground games to ESSs during lunch recess. A mixed methodology was used with concurrent triangulation collecting data through both means of qualitative (n = 26) and quantitative (n = 118) methods. Qualitative data gathering methods included one-on-one interviews, focus groups, and written responses interpreted through NVivo 11, hand-coding, and Colaizzi's seven-step thematic analysis identified four emerging themes: Structure, IG Opportunities, Leadership Opportunities, and Enjoyment. Pre- and post-surveys were completed for quantitative data and analyzed through the statistical program IBM SPSS 24; a comparison of mean scores were examined to measure changes in leadership confidence, intergenerational attitudes, and social connectedness. Significance was set at $p < .05$ and discovered that ESSs experienced significant changes in levels of IG attitudes and social connectedness.