

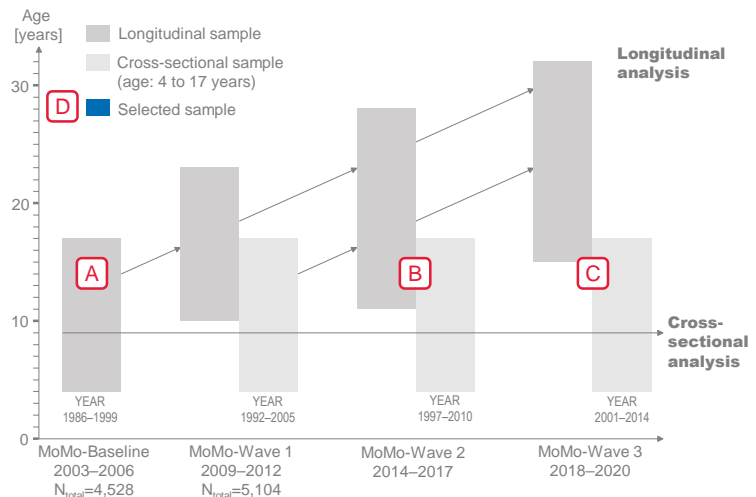
# Study Design of the Motorik-Modul-Study (MoMo)

### Background and Structure

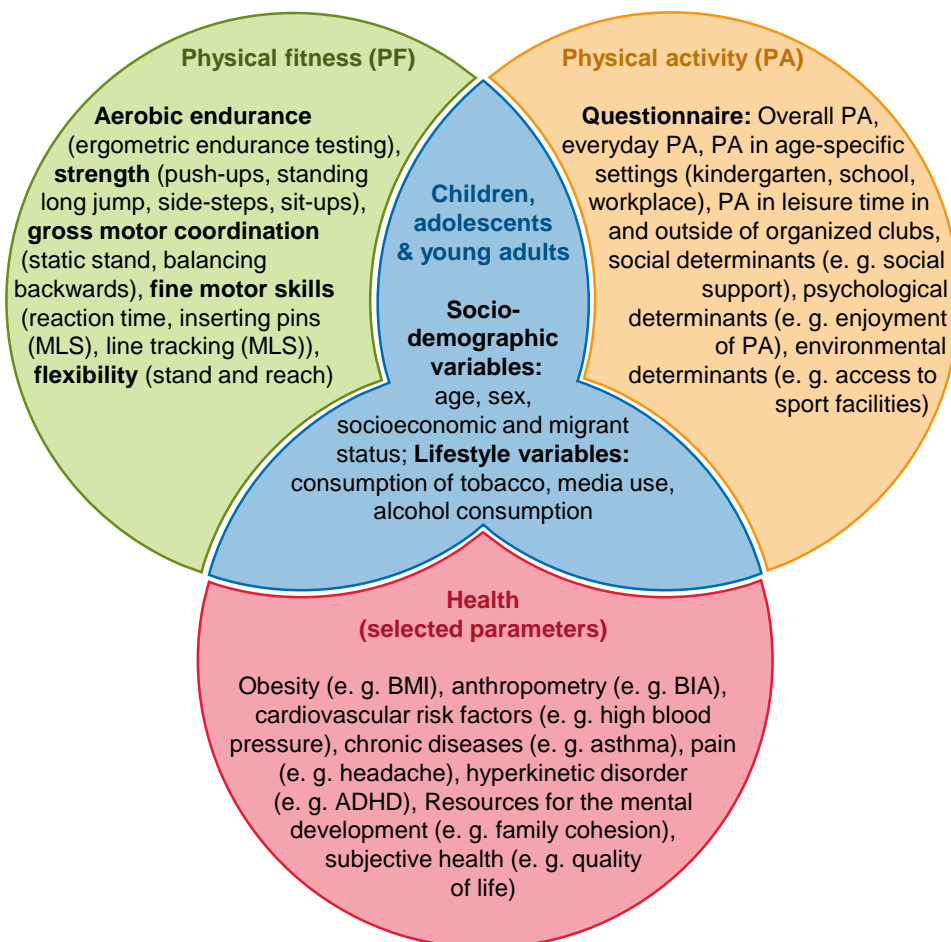
The Motorik-Modul-Study (MoMo) aims to assess and describe the development of physical fitness (PF) and physical activity (PA) and its impact on health parameters of children, adolescents, and young adults on a representative basis for Germany. The focus is on its change over time, the impact of personal, social, and environmental determinants on the development of PF and PA as well as the impact of PF and PA on physical and mental health.

MoMo is a submodule of the German Health Interview and Examination Survey for Children and Adolescents (KiGGS) conducted by the Robert Koch-Institute (RKI) in Berlin and a joint project of the Karlsruhe Institute of Technology, the University of Education Karlsruhe, and the RKI. MoMo is funded by the Federal Ministry of Education and Research.

### Cohort-Sequence Design



### Methods and Concepts



- A** Published results of the MoMo Baseline can be found in [1] (Ref. 2–8).
- B** Current survey wave, additional accelerometry to assess PA; the description of the field work will be summarized in an extra fact sheet.
- C** Further planned survey wave.
- D** The selected sample will be itemized separately in every fact sheet.

Details on the exact implementation of the physical fitness test are described in [2] and on the PA questionnaire in [3]. First results on MoMo wave 1 are published in [1].

#### Reference:

- [1] Woll, A./Wagner, M. O., Bös, K., Jekauc, D., Karger, C., Mewes, N., Oberger, J., Reimers, A. K., Schlenker, L. & Worth, A. (2014). Cohort Profile: The Motorik-Modul Longitudinal Study: physical fitness and physical activity as determinants of health development in German children and adolescents. *International Journal of Epidemiology*, 43 (5), 1410–1416.
- [2] Worth, A., Woll, A., Albrecht, C., Karger, C., Mewes, N., Oberger, J., Schlenker, L., Schmidt, S., Wagner, M. & Bös, K. (2015). *MoMo-Längsschnittstudie: Testmanual zu den motorischen Tests und den anthropometrischen Messungen [MoMo-Longitudinal-Study: test manual on the physical fitness tests and the anthropometric measurements]*. Karlsruhe: KIT Scientific Reports (7700).
- [3] Schmidt, S., Will, N., Henn, A., Reimers, A. & Woll, A. (2016). *Der Motorik-Modul-Aktivitätsfragebogen (MoMo-AFB). Leitfaden zur Anwendung und Auswertung [The Motorik-Modul-Physical-Activity-Questionnaire (MoMo-PAQ). Manual on application and analysis]*. Karlsruhe: KIT.