



Physical Activity Promotion Programmes in Malawi Primary Schools: A Qualitative Evaluation

Chilufya Mulenga¹

¹ Mzuzu University

Published: 13 December 2007 | **Received:** 12 September 2007 | **Accepted:** 28 October 2007

Correspondence: cmulenga@aol.com

DOI: [10.5281/zenodo.18854935](https://doi.org/10.5281/zenodo.18854935)

Author notes

Chilufya Mulenga is affiliated with Mzuzu University and focuses on African Studies research in Africa.

Abstract

Physical activity levels among children in Malawi's primary schools are often insufficient, contributing to health issues such as obesity and related diseases. Recognising the importance of physical education (PE) programmes in promoting healthy lifestyles, a comprehensive evaluation was conducted on school-based physical activity promotion programmes implemented. A mixed-methods approach was employed, involving both quantitative data collection through surveys administered to teachers and students, as well as qualitative interviews with educators and focus group discussions with students. The analysis revealed that while teacher training programmes were adequately covered by the programmes, student participation rates varied significantly across schools. Themes emerged indicating a strong correlation between increased physical activity and improved health knowledge among students. Despite initial successes in promoting PE as a subject, challenges remain in ensuring consistent implementation and addressing socio-economic barriers to participation. Future initiatives should focus on expanding teacher training resources and developing culturally sensitive approaches that accommodate diverse student needs. Additionally, partnerships with local communities could enhance sustainable programme support over time.

Keywords: *African geography, qualitative evaluation, community engagement, child health, pedagogy, ethnography, anthropometrics*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge