significantly higher levels of self-efficacy (from $t = -2.737$; $p < 0.01$ to $t = -7.201$; $p < 0.01$) (Selickaite et al., 2019). Paired t-test analyses revealed statistically significant differences for all dimensions of the SE-PETE-D between T0 and T1.

Conclusions: Data are consistent with other research (Block et al., 2016) and suggest that the IPE online course improves the efficacy of pre- service support teachers toward inclusion in physical education.

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PP41C—The UP150 approach: the use of conscious physical exercise to enhance motivation and psychophysical well-being at the workplace

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Purpose: In modern society, the desk-workers category is characterized by high health risks related to sedentary behaviors and stress. Therefore, the classic work/office paradigm must be modified to reach the workers' needs of psychophysical health at the workplace. In this wake, the UP150 project represents an alternative to address the employee's needs. It promotes physical activity based on effort perception during the usual workflow, as well as active pauses by specific architectural changes, a dedicated App and professional figures as wellness coaches. Indeed, in previous research, the UP150 project has already been demonstrated to improve the participants' motor efficiency and reduce mental demand compared to a control group. The present study is the last step of preliminary actions planned to assess benefits from the UP150 concept, which purpose is to examine the workers' perception and agreement with such an approach.

Methods: In order to gain an in-depth understanding of the experiences and representations of the participants in the UP150 trial, a qualitative study was conducted. All the workers involved in the UP150 program were interviewed before (asking information about the company structure and workers' habits) and after (asking the participants' perceptions regarding how experienced the program) the trial. All the material was transcribed verbatim, and a content analysis was conducted according to the IPA (interpretative Phenomenological Approach).

Results: From the preliminary survey, the prevalently young (under 40) and generally active (57%) workers declared to be motivated to exercise but hindered in physical exercising due to lack of time and excessive workload. After eight weeks intervention, the qualitative analysis confirmed and supported the quantitative outcomes previously investigated. Participants reported beneficial effects on their wellness (53%) and psychophysical (89%) status due to the UP150 project. Moreover, the intervention was well evaluated by the employees for whom architectural changes (58%), the App (79%) and the wellness coaches (84%) promoted motivation. Lastly, participants reported an improvement in the workplace social environment due to the interactions stimulated by the active breaks (74%).

Conclusions: In conclusion, the UP150 project efficiently promoted physical exercise based on perceived exertion and addressed the employees toward the assumption of healthy behaviors fitting the physical literacy paradigm.

PP42A—Fitness and performance of children divers

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Purpose: Competitive diving requires strength, agility, balance, timing, courage, and quickness for which an accurate evaluation of training is paramount, both for training planning and for injuries prevention. A detailed profile of children physical fitness allows the determination of the underlying performance qualities but also of a wide range of attributes associated with health-related quality of life.[1]

Methods: Forty children aged 5–10 were evaluated on multi-component aspects of physical fitness. 20 (D: 10 M, 10 F) attended a diving school, 20 (C: 10 M, 10 F) were same age sedentary peers. The test battery comprised 4 items: sit-and-reach (flexibility of hamstrings and lower back: SR), standing broad jump (lower limbs strength: SBJ), sit-ups (abdominal strength: SU) and the Functional Movement Screen for shoulder mobility (SM). Children divers were also evaluated for an elementary diving performance by three experienced coaches. All measurement were performed three times and the mean was considered as the final score of the subject for each item.

Results: No significant differences were found between D and C in the anthropometrical values (age 8.0 ± 1.4 years, height 128.6 ± 9.0 cm, body mass 29.7 ± 5.2 kg, BMI 17.8 ± 1.6), indicating that they were evenly matched. Significantly different values were found between D (SR 4.6 ± 11.8 cm, SM 9.0 ± 5.5 cm, SBJ 109.3 ± 20.8 cm, SU 18.1 ± 5.3 n) and C (SR -1.4 ± 10.0 cm, SM 23.1 ± 24.8 cm, SBJ 72.6 ± 32.7 cm, SU 14.9 ± 4.4 n) for all fitness variables, showing that D had better fitness level than C. For all tested item non-significant differences were found between sexes. A significant correlation of performance with SR was found ($r: 0.841$; $p < 0.05$).

Conclusions: Recreational diving could represent a structured activity able to improve health-related fitness in primary school children. It entails technical abilities that are already heavily trained at early ages, requiring a constant and meticulous evaluation of fitness level.[2] Among the fitness test battery used in the present work the sit-and-reach appeared as the most correlated one to divers' performance, while the other strength and mobility items could be indicative of the general fitness level of children.

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