

Preface

Parts of this research project have already been published previously in two journal articles. The first article was published in *Psychology of Sport and Exercise* (Demetriou & Höner, 2012) and presents the systematic review of this research project (see chap. 3). This systematic review has been adapted and expanded in this dissertation thesis in order to provide a full review of the internationally carried out physical activity interventions in the school setting while emphasizing particularly on the studies with high methodological quality. Additionally, in this dissertation thesis, studies carried out in Germany that did not fulfill the exact inclusion criteria of the systematic review already published, were also described in detail.

In a second publication in *European Journal of Sport Science* (Höner & Demetriou, 2012b), first results of HealthyPEP on the health and fitness level (motor performance, BMI, and health-related quality of life) were published. Finally, a detailed analysis of the process measures and the psychological determinants of physical activity examined in this project and especially referred to in the discussion section of this dissertation thesis, were recently submitted to a journal (Demetriou, Sudeck, & Höner, submitted).

Overall it can be stated that the project and the work included in this dissertation thesis was lead and carried out by the candidate and was further supported by Prof. Dr. Oliver Höner. The publishing houses of both journals (Elsevier, Taylor and Francis) give the right to the authors to publish the content of already published articles in dissertations and they also provide the right to expand the content of the article into a book publication.