The participatory physical activity intervention in this study does not change physical activity level but does improve some elements of physical fitness. The research methods used in this study offers a protocol to align intervention plans to the students’ assets by co-creation which is feasible to use in the school context.

Methods
APA PsychInfo, PudMed, and Sport Discus databases was used to identify SRM led interventions. In sum, 7,169 papers were identified with 360 duplicates. A further 5,122 were removed from title screen, 1,666 from abstract screening, 21 from full text review with two studies included in the final review.

Results
Two SRM led interventions were included in the final review and were deemed as ‘fair’ quality using Black and Downs Checklist. The first study aimed to improve attendance in PE, behaviour and attitude towards PA through a 12-week school based intervention. Schools were funded to complete a novel sport rolled out by teachers (group 1), with a second group having an additional visit from an elite ‘athlete mentor’ (group 2). The study found 98% of students enjoyed the athlete visits and 93% of students believed the intervention was ‘fair’ and enjoyable. The second study aimed to improve attendance in PE, behaviour and attitude towards PA through a 12-week school based intervention. Schools were funded to complete a novel sport rolled out by teachers (group 1), with a second group having an additional visit from an elite ‘athlete mentor’ (group 2). The study found 98% of students enjoyed the athlete visits and 93% of students believed the intervention was ‘fair’ and enjoyable.

Conclusions
The participatory physical activity intervention in this study does not change physical activity level but does improve some elements of physical fitness. The research methods used in this study offers a protocol to align intervention plans to the students’ assets by co-creation which is feasible to use in the school context.
a nuanced description of older adults’ awareness, understanding, and participation in activities that meet the strength component, as well as their perceived barriers to strength training participation.

**Methods**
Older adults living in the UK (n=15, 70±3.3 years) volunteered to participate in one 30-minute, semi-structured, one-on-one interview on Zoom with the lead author. Advertisements were placed in ageing charity newsletters. People who identified as 65 years old or over and living in the UK were asked to respond via email if interested.

**Results**
Awareness. None of our participants were aware of the strength recommendations. “I honestly can’t say that I ever recall seeing that.”

Understanding and Action. Walking was the most common modality for participants who believed they were meeting the strength guidelines. “I think I’m more than meeting them because ... I do masses of walking ...”

Suggestions for Improvement. Adding more detail to the guidelines and separating the guidelines based on ability, rather than chronological age, was suggested. “It’s a bit subjective as to what counts as building strength.”

Barriers to Strength Training. Barriers included misconceptions about strength training in later life, “You know, you always know, don’t overload yourself...I never push it.” and a lack of options for older adults who are not quite ready for classes for the oldest old, “There’s a big cohort of us that are what you might call young old and the provision for us who are fit and active is sadly missing...the classes that are on are always for the older old.”

**Conclusion**
Our participants reported an unawareness of the strength guidelines. Adherence reporting to the strength guidelines should be interpreted with abundance of caution, as older adults are largely unaware of what activities fulfill this requirement. Researchers & practitioners can influence the many barriers to strength training participation primarily with dissemination of accurate information and providing age & ability-appropriate strength prescription.

**Keywords:** Exercise, Strength, Training, Promotion, Policy