

Current developments in the improvement of PE teachers' action with overweight students

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Introduction

Who is speaking?

- University of Liege



3

Who is speaking?

- AIESEP

International Association for Physical Education in Higher Education



- International, non-governmental, non-profit, professional association
- Promotion and contribution to the development of future specialists and researchers in the field of physical education and sport

www.aiesep.org

4



Aims of this presentation

An overview about:

- An insight of the literature
- Some models proposed to deal with overweight in PE
- A series of studies implemented at the University of Liege
- Perspectives of development through collaboration between practitioners and researchers



6



What do we know?

Overweight and obesity

- An escalating global epidemic
 - "Globesity"

Key facts

- Worldwide obesity has nearly doubled since 1980.
- In 2008, more than 1.4 billion adults, 20 and older, were overweight. Of these over 200 million men and nearly 300 million women were obese.
- 35% of adults aged 20 and over were overweight in 2008, and 11% were obese.
- 65% of the world's population live in countries where overweight and obesity kills more people than underweight.
- More than 40 million children under the age of five were overweight in 2011.
- Obesity is preventable.

WHO (2013)

Overweight and obesity

- The role of school is emphasized

- All children
- Much time
- Professional staff

- School-based strategies

- Curriculum
- Parent/Family
- School environment/Policy



- **Nutrition and PA classroom-based activities**
- **Seminars on nutrition and PA**
- **Required or modified PE**
- **Cooking classes**
- ...

Fridlund Dunton et al. (2011)

9

Overweight and obesity

- What about PE?

- Worldwide PE crisis



- Evolution of the teaching principles

- (Physical) literacy
- Accountability

- Change of the PE teachers' mission

- From sport educator to physical activity promoter
- Towards one PE-Health Education worldwide?

10

Overweight and obesity

- What about PE?
 - 'Pedagogy of obesity' is missing (Haerens, 2012)
 - A debate between two conceptions
 - Specific approaches focusing on overweight students
 - Integrated PE (and Health) Education



11

Overweight and obesity

- What about PE?



PE has a public relations problem in regard to how obese students are treated (Irwin et al., 2003)



PE is a solution to fight against obesity crisis (Tappe & Burgeson, 2004)



Some PE teachers develop an 'antifat' attitude (Greenleaf & Weiller, 2005)

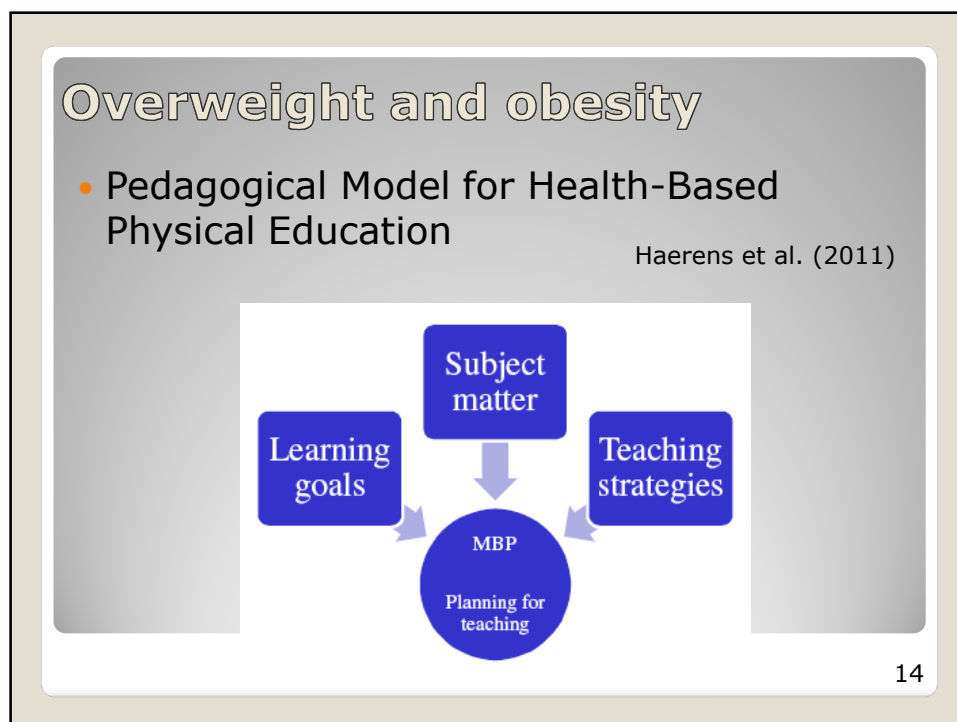
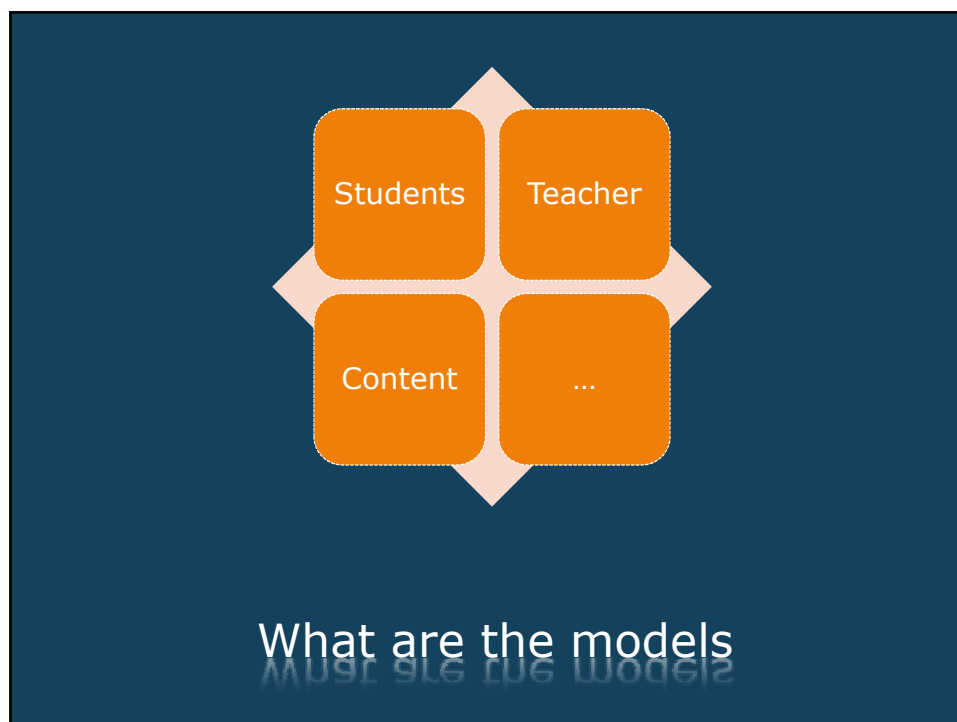


PE trainees consider that they are ready (Martinez et al, 2010)



PE teachers can create environments of inclusion (Rukavina et al., 2010; Li & Rukavina, 2012)

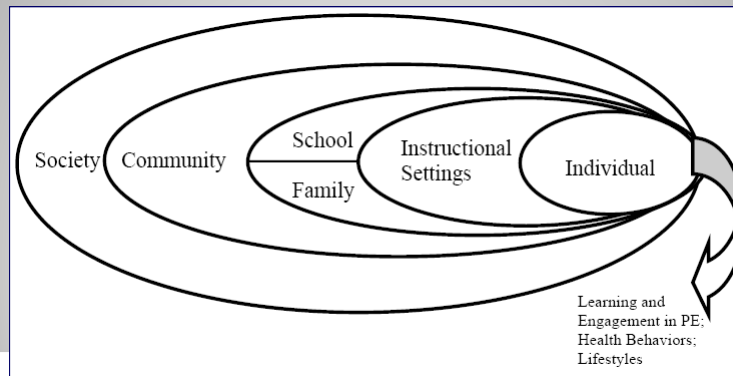
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Overweight and obesity

- Social ecological constraint model

Li & Rukavina (2012)



15

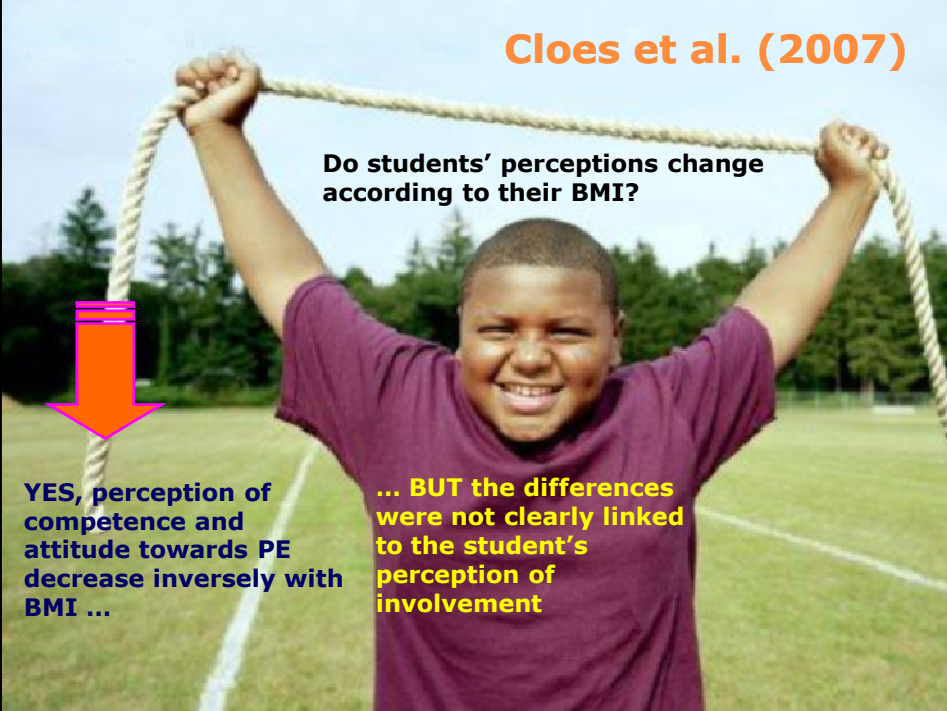
2005	2008	2009	2010	2011	2012	2013
						

PE Health Leisure

A series of studies

Cloes et al. (2007)

Do students' perceptions change according to their BMI?

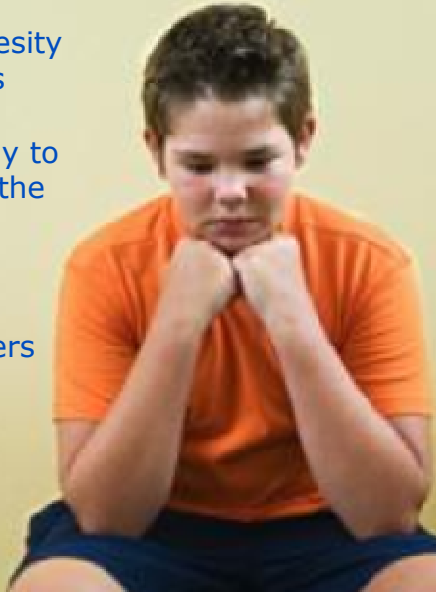


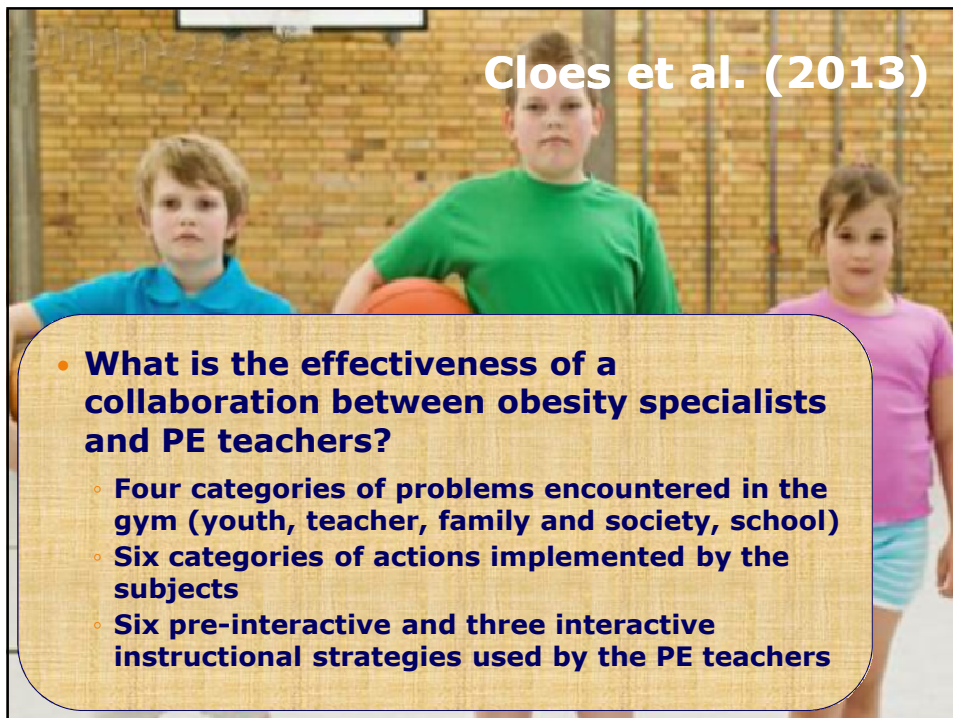
YES, perception of competence and attitude towards PE decrease inversely with BMI ...

... BUT the differences were not clearly linked to the student's perception of involvement

Cloes & Ziant (2009)

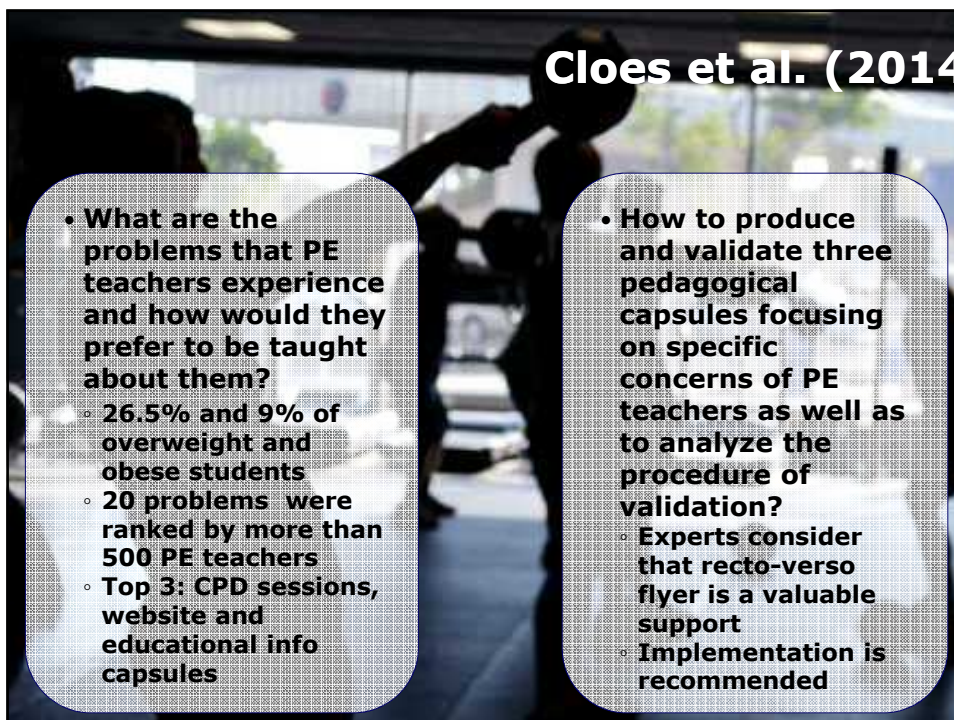
- How do the opinions of obesity specialists and PE teachers differ?
 - PE teachers are not ready to contribute effectively to the fight against obesity
 - There is a need of collaboration between specialists and PE teachers
 - It seems necessary to develop specific units focusing on how to work with obese students





Cloes et al. (2013)

- **What is the effectiveness of a collaboration between obesity specialists and PE teachers?**
 - Four categories of problems encountered in the gym (youth, teacher, family and society, school)
 - Six categories of actions implemented by the subjects
 - Six pre-interactive and three interactive instructional strategies used by the PE teachers



Cloes et al. (2014)

- **What are the problems that PE teachers experience and how would they prefer to be taught about them?**
 - 26.5% and 9% of overweight and obese students
 - 20 problems were ranked by more than 500 PE teachers
 - Top 3: CPD sessions, website and educational info capsules
- **How to produce and validate three pedagogical capsules focusing on specific concerns of PE teachers as well as to analyze the procedure of validation?**
 - Experts consider that recto-verso flyer is a valuable support
 - Implementation is recommended

LES PARBUTS DES ÉLÈVES NE SONT PAS CONSCIENTS DU RÔLE DE L'ACTIVITÉ PHYSIQUE ET DU COURS D'ÉDUCATION PHYSIQUE SUR LA SANTE

4 ÉTAPES POUR ENGAGER LES PARBUTS

1. Préparer pour sensibiliser
2. Inviter les parents
3. Informer les parents
4. Impliquer les parents

LES ÉLÈVES NE SONT PAS CONSCIENTS DES RISQUES LIÉS AU SURPOIDS ET/OU À L'OBÈSITÉ

INTERVENIR SANS NUIRE

APRÈS RÉSULTATS

activités pour combattre les sédentaires

Activité	Matériel	Durée	Objectifs
Marche	Personne	10-15 min	Améliorer la circulation sanguine, brûler des calories.
Yoga	Personne	10-15 min	Améliorer la souplesse, réduire le stress.
Étirements	Personne	10-15 min	Améliorer la souplesse, prévenir les blessures.
Jeux de société	Personne	10-15 min	Améliorer les capacités cognitives, réduire le stress.



Implementations

- PE teachers needs examples of good practices that will help them to implement instructional strategies dealing with overweight students
- It helps them to develop their own approaches as effective practice 'reflectioners'



23

Implementations

- Preservice and inservice PETE should emphasize teaching strategies focusing on special needs students (not only overweight youths)
- Several pedagogical supports need to be developed and tested (next step of our own series of researches)



24

Implementations

- The last survey focusing on the problems encountered by the PE teachers might be replicated in other national contexts
- The support developed might be shared with the contribution of the professional associations



25



Conclusions

Collaborations

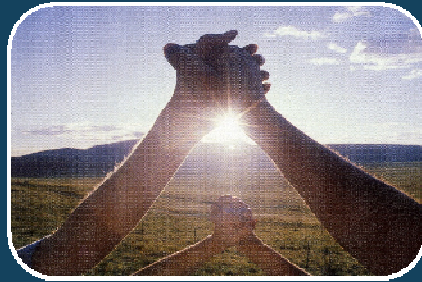
- Researchers and practitioners should implement more collaborative projects
- Are you ready? Do not hesitate to contact me !!!!



27



<http://hdl.handle.net/2268/151541>



Many thanks for your interest

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33

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34