

(Wrong) representations of physical activity, from definition to recommendations

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Purpose of the presentation

Two questions:

- Are you ready to be a PA promotor?
- What are the wrong representations of the people about PA ?



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PHYSICAL ACTIVITY IS DEFINED AS ANY BODILY MOVEMENT PRODUCED BY SKELETAL MUSCLES THAT REQUIRES ENERGY EXPENDITURE

Introduction

PA is not only sport !!!



from Sallis et al. (2006)

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PA has a positive effect on ...

- Body modifications
 - Cardiovascular system (heart rate ...)
 - Respiratory system (breath characteristics ...)
 - Muscular system (strenght, flexibility ...)



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PA has a positive effect on ...

- Health (physical and mental) and disease
 - Mortality rate
 - Cardiovascular disease, cancer, diabete
 - Arthritis, osteoporosis
 - Falls, obesity
 - Depression, stress



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PA has a positive effect on ...


- Modification of the way of behaving
 - Social integration
 - Reduction of other risk behaviors




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PA has a positive effect on ...

- Economical aspects
 - Reduction of absenteeism
 - Decrease of some expenses
 - Decrease of the health costs



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Do you know what the people have to do?

What do the people have to do?

- Quiz « Questions for a champion »
 - Take the sheet with 10 boxes + write your age and gender (Female/Male) + country + degree
 - As quick as possible, circle the proposal that you consider as correct (Q1 to Q9)
 - Write your proposals (Q10)

No cheating ...




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Quiz – Question 1

What is, in minutes, the minimal duration of one moderate intensity aerobic physical activity that will have a positive effect on health ?

2 5 10 15 20 30 60 90




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Quiz – Question 2

At the minimum, how many days per week should one 7-18 youth have a 60 minutes period of moderate intensity aerobic physical activity ?

0 1 2 3 4 5 6 7




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Quiz - Question 3

How many minutes one teenager will need to walk briskly in order to 'burn' the calories of one Coca can (33cl)?

5 10 15 20 25 35 45 55




One 55 kg teenager 'burns' 3.2 kcal/min walking at +/- 5 km/h

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Quiz - Question 4

What should be, in minutes, the longest overall duration of leisure time that one youth spend daily in front of one screen (TV, video game ...)?

0 30 60 90 120 150 180 210




One movie, 2 parts of a TV series ... or the computer, one has to chose !

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Quiz - Question 5

How many steps one adult should cumulate daily ?

2,000 3,000 4,000 5,000
7,500 10,000 12,000 15,000




It's 15,000 for the boys ! Walking is natural. OK for the shopping if one tours the city center in one hour

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Quiz - Question 6

To what weekly hours' number of high intensity physical activity health can be in danger ?

5 10 15 20 25 30 35 40




Excess of very intensive sport can be prejudicial to health → Adaptation!

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Quiz - Question 7

What is the minimal number of weekly opportunities during which one youth (<18) should practice activities allowing to maintain muscular strength ?

0 1 2 3 4 5 6 7




Carrying, jumping, climbing ... doing natural exercises

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Quiz - Question 8

What should be, in minutes, the longest duration of sitting time that one youth spend in a row ?

15 30 45 60 75 90 105 120



Breaks of 10' of physical activity at school or at home: It's cool !

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Quiz – Question 9

How many minutes one teenagers should swim in order to 'burn' the calories of a bag of chips (30g) ?

2 5 10 20 30 40 50 60



171 kcal to eliminate (5,8 kcal/min for a teenager of 55 kg swimming quietly and continuously)

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Quiz – Question 10

Propose at least one out of the two signs (eye visible) allowing to consider that one individual is practicing one vigorous physical activity

Breathlessness et Sweating



It means that being physically active is affordable for all !

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Conclusion

- Everybody 'knows' that PA is important ...



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Conclusion

- ... Few are really aware about the objectives to reach!!!



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Conclusion

- So, it is necessary to act at every level ...



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Conclusion

- ... Against wrong representations

Cloes (2012)

- ➔ Physical activity = sport
- ➔ Effectiveness = high intensity
- ➔ It takes time
- ➔ Weekend only
- ➔ It is expensive



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It's up to you now!

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References

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- Sallis, J.F., Cervero, R.B., Ascher W., et al. (2006). An ecological approach to creating active living communities. *Annual Review of Public Health*, 27, 297-322.