

The physical education teacher as a physical activity promoter: Current developments

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Three questions

- Why to promote physical activity at school?
- Why the PE teacher should play a central role?
- How the PE teacher could play such role?

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Role of the school in PA promotion

The school is a pillar of the society

- Compulsory education → All children and adolescents can access to PA opportunities
- Specialized educators
- Access to facilities

Bar-Or (2005)
Trost & Loprinzi (2008)

- Development of the 'Active School' concept → Several models

Cale (1997)
Ontario Physical and Health Education Association (2006)
L'école bouge (2006)

PA at school has positive impact

Demetriou & Höner (2012)

- 129 papers
- Variables :
 - ☞ BMI - 28%
 - ☞ Motor performance - 69.7%
 - ☞ Physical activity - 56.8%
 - ☞ Knowledge - 87.5%
 - ☞ Self-esteem - 30%
 - ☞ Attitudes - 43.8%



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A real positive message

Heath et al. (2012)

Physical Activity 3

Evidence-based intervention in physical activity: lessons from around the world

Gregory W Heath, Diana C Parra, Olga L Sarmiento, Lars Bo Andersen, Neville Owen, Shifalika Goenka, Felipe Montes, Ross C Brownson, for the Lancet Physical Activity Series Working Group*



Comprehensive school-based strategies encompassing PE, classroom activities, after-school sports, and active transport can increase physical activity in young people

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PE teacher = A cornerstone

The mission of the PE teacher changed

±1970

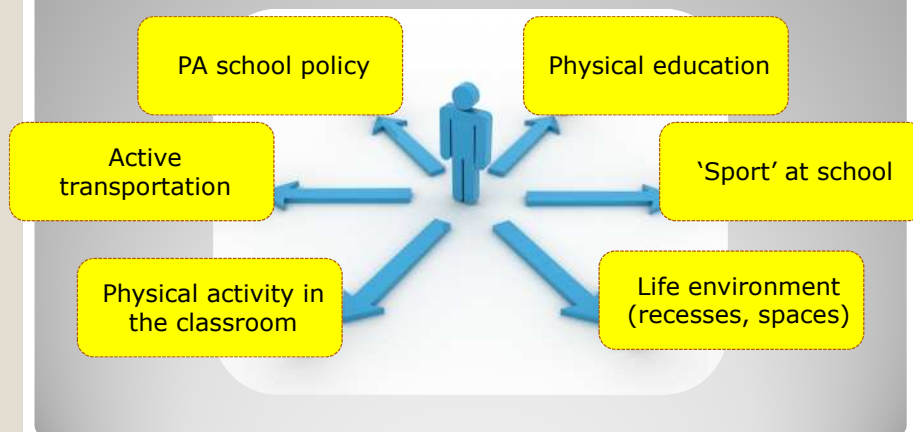


±2000



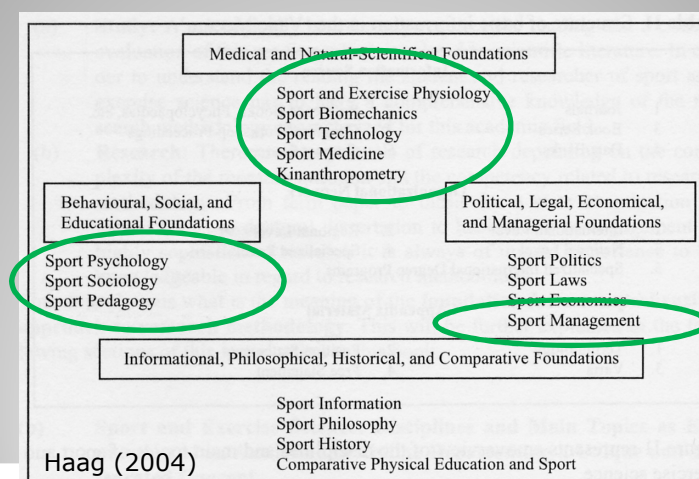
The PE teacher has a central role

6 dimensions of PA at school (Snyers et al., 2014)



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The PE teacher has the current required competences



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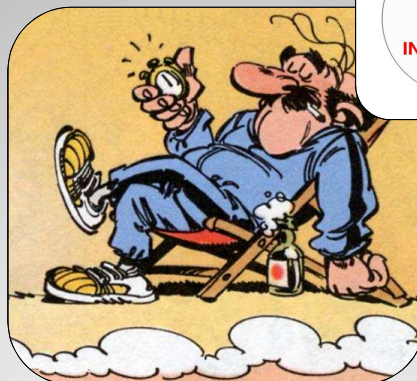
PE teachers should have now two priorities

- **Physical literacy = Developing physically educated persons** (NASPE, 2004)
 - ☞ Competency in motor skills
 - ☞ Understanding of movement concepts, principles
 - ☞ Regular participation
- **Accountability = Concrete changes**
 - ☞ Motor, physical, cognitive, affective, and social dimensions of the students
 - ☞ Acquisition of a healthy lifestyle



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Never again



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PE teacher's actions

Five axes

- **Be a model**
 - ☞ Show that it is possible to adopt an active lifestyle
- **Update one's knowledge**
 - ☞ Be curious about PA and its promotion
- **Create a network**
 - ☞ Develop collaboration, get support
- **Become a project manager**
 - ☞ Analyze, plan, implement, coordinate, assess
- **Behave like a professional**
 - ☞ Assume the central role

Ciotto & Fede (2014)
Erwin et al. (2014)

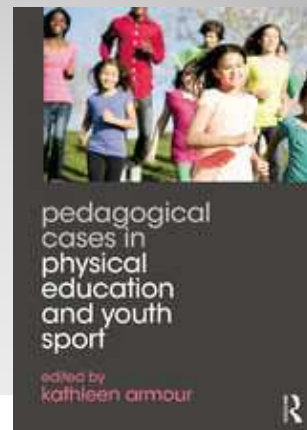
New approaches in Physical Education Teacher Education (PETE)

- Pedagogical cases (Armour, 2014)

- Scenarios
- Sport science experts
- Sport pedagogy expert

- Communities of practice

- Action research



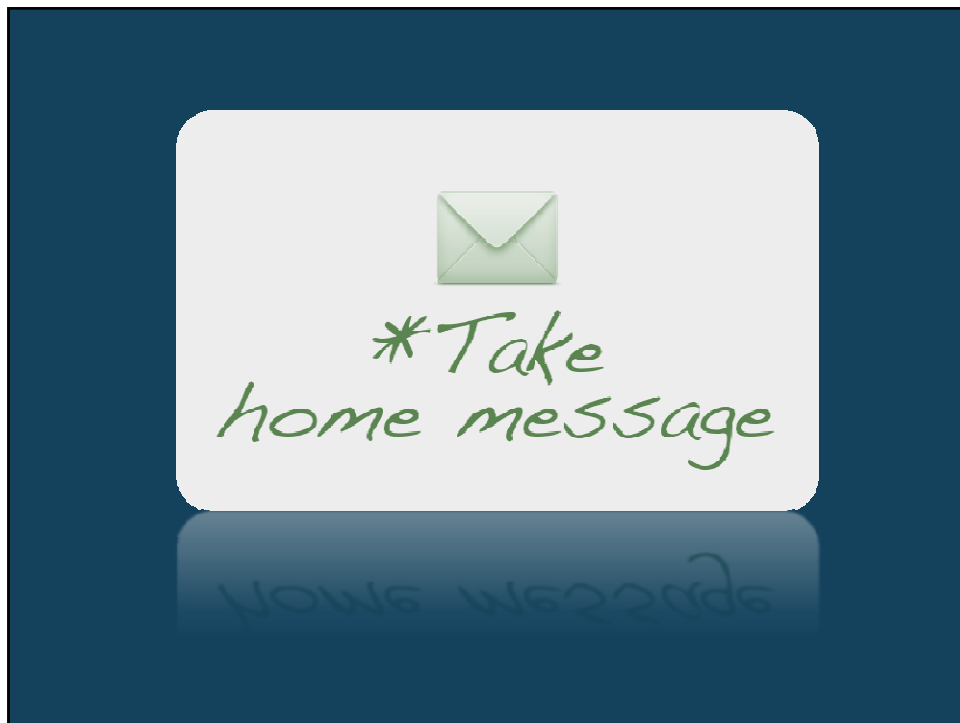
Pre and in-service teaching

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And for those who want to read more

- Corbin (2002): What every PE educator should know about promoting lifelong PA
- Cale & Harris (2006): Guidelines to implement PA promotion at school
- Hodges Kulinna et al. (2012) : Changing school physical activity
- Erwin et al. (2013) : Comprehensive school-based PA promotion. A review

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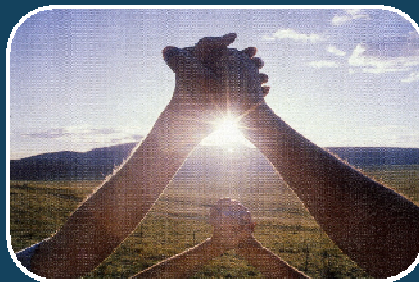
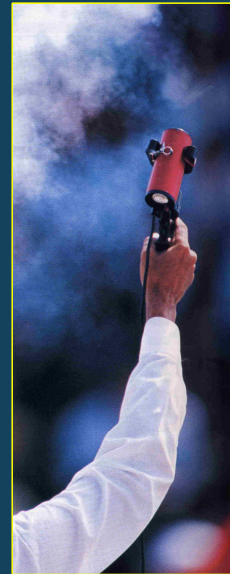
Four key messages

- PE teachers should become the cornerstones of the PA promotion at school
- They have to be involved in PE as well as in the other dimension of PA at school
- They have to collaborate (they are not alone)
- Pre service and inservice PETE has to be adapted to show the way and change the mentalities

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has

Margaret Mead

Just be these persons!



Many thanks for your interest

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