

# *Physical activity counseling: Creation of a formation for students in physical education*

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# Introduction

**“If physical activity was a pill, doctors could well be prescribing it to everyone”**

(Hanson, 2017)



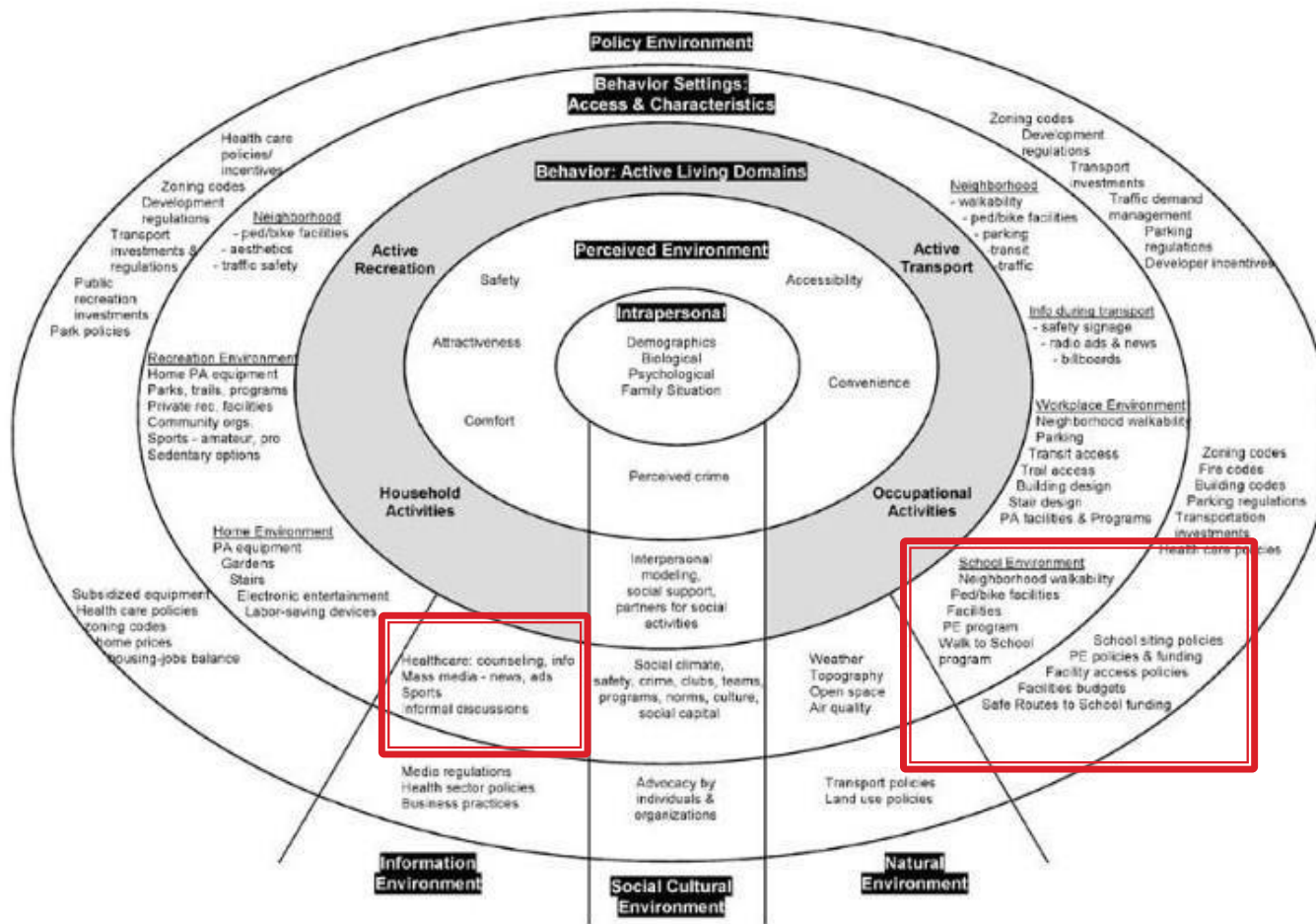
# Literature

- ▶ Between 60 % and 85 % of sedentary people in developed or in development countries  
(WHO, 2017)
- ▶ Each year 3,2 million of deaths are due to the lack of movement (WHO, 2017)

# Literature

- ▶ PE teacher is a cornerstone in the promotion of physical activity (Cloes, 2017)

# Literature



# Literature

- ▶ In Belgium PE teachers don't seem really efficient
  - In FWB, PE teacher is only at the 5th position of physical activity promoters (Bodson & Zints, 2007)
  - In 70 % of cases, he is the first actor to discourage children between the ages of 6 and 18 (Bodson & Zints, 2007)
  - Snyers et al. (2014) give at PE lessons a score of 9/20 in term of physical activity promotion

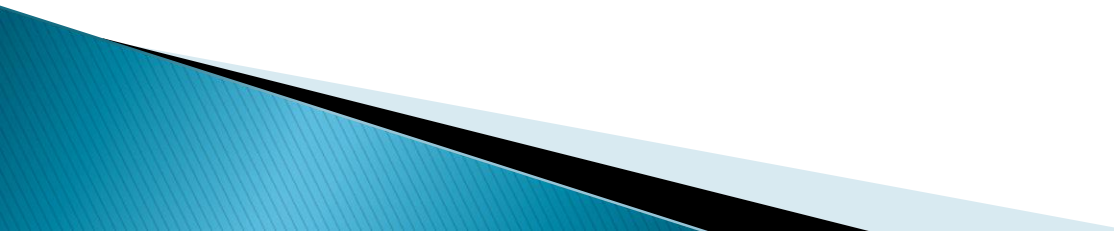
# Literature

- Necessity to increase the impact of PE teachers
- Necessity to develop a physical activity counseling system as we can see in :
  - France
  - New-Zealand (Elley at al., 2011)
  - Great Britain (Bull & Milton, 2011)

# Objective

**“To implement a unit aiming to train physical education students to be able to counseling children and sedentary people”**

Two steps :

- To ask some field experts to determine their opinion about physical activity counseling
  - To settle the subjects to include in the unit
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# Methods

## Participants

- Contact of 100 potential participants
  - 1) Mails
  - 2) Phone calls
- 32 responses
- 15 planned meetings
  - 4 general practitioners
  - 3 kinesiologists
  - 3 Physical trainers
  - 2 nurses
  - 1 nutritionist
  - 1 ergotherapist
  - 1 sociologist

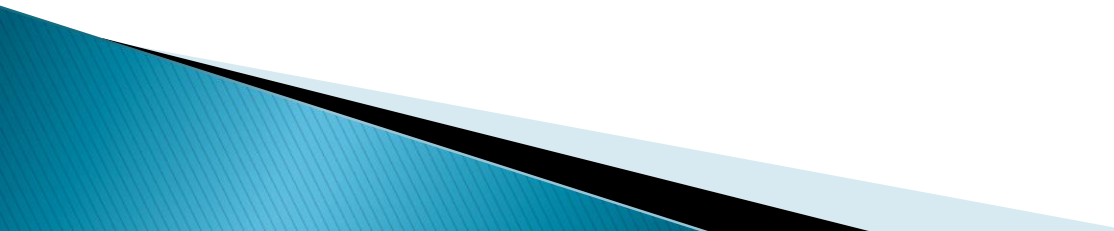
# Methods

## Interviews

- Semi-structured
  - Individual description
  - Work description
  - Physical activity knowledge
  - Practice of physical activity counseling
- Timing 40' – 50'

# Methods

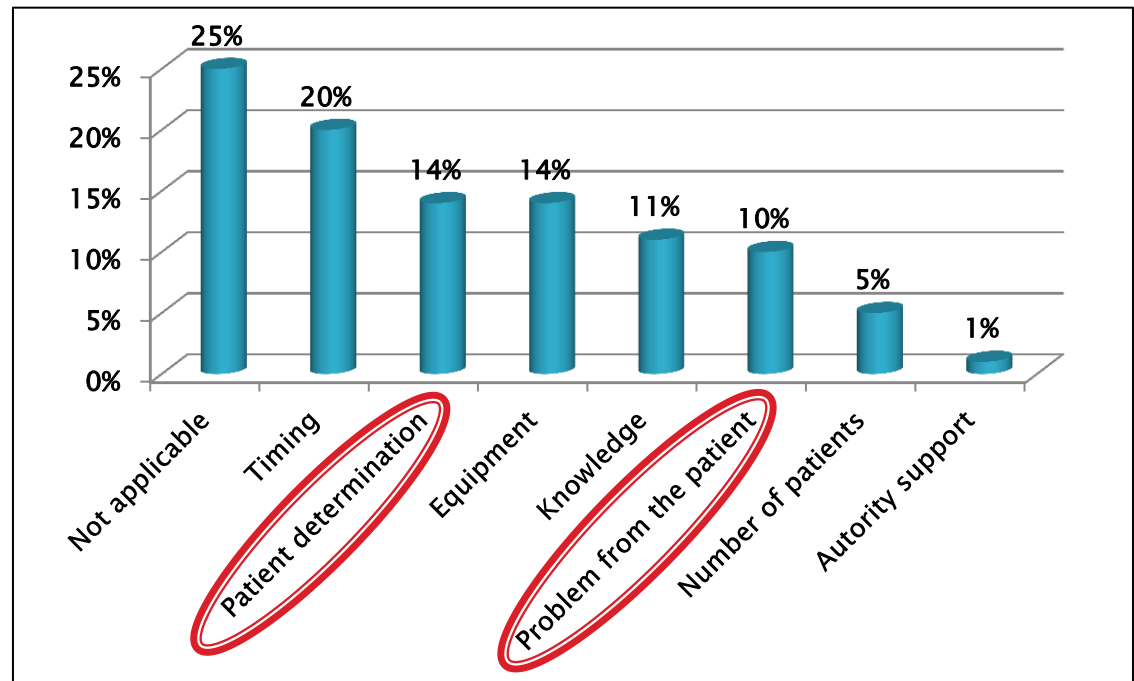
## Cursus analyse

- Analyse of each theoretical course from the first 3 study years
  - Highlighting every courses objectives
  - Gathering in few categories to compare with the items provided by experts
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# Results and discussion

## From the field practice

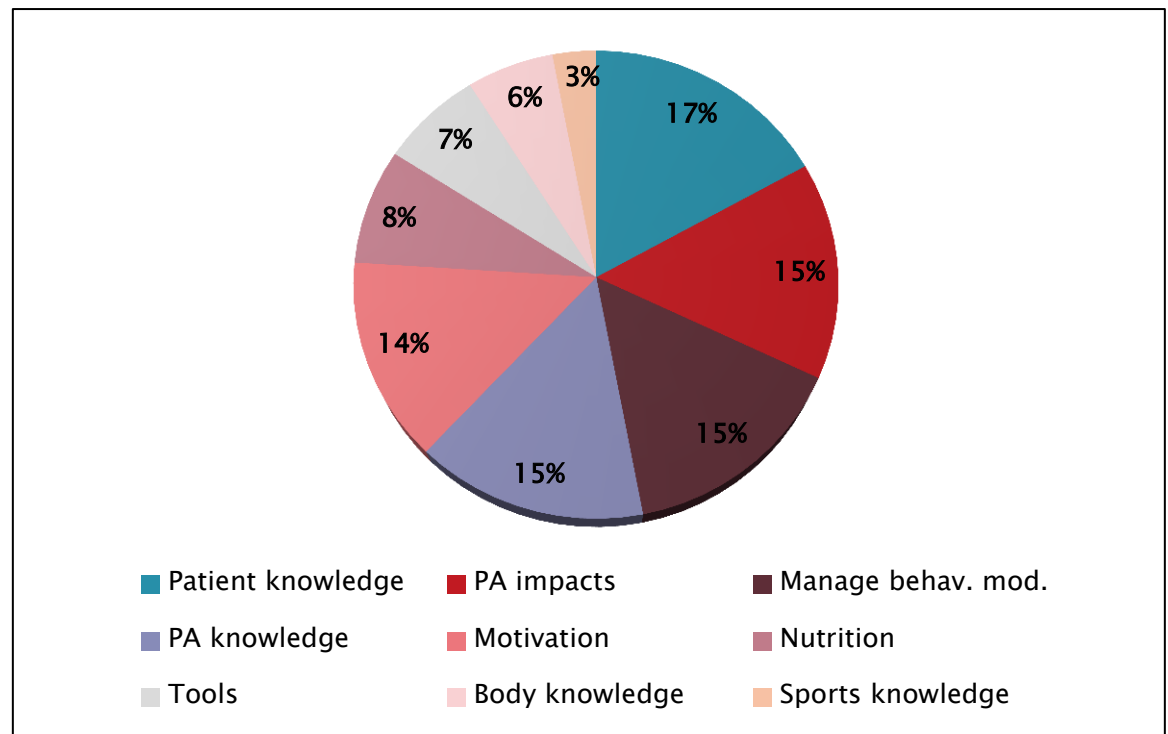
- What are the barriers preventing professionals to give more physical activity advises ?



# Results and discussion

## From the field practice

- The most important factors to be a good physical activity counselor



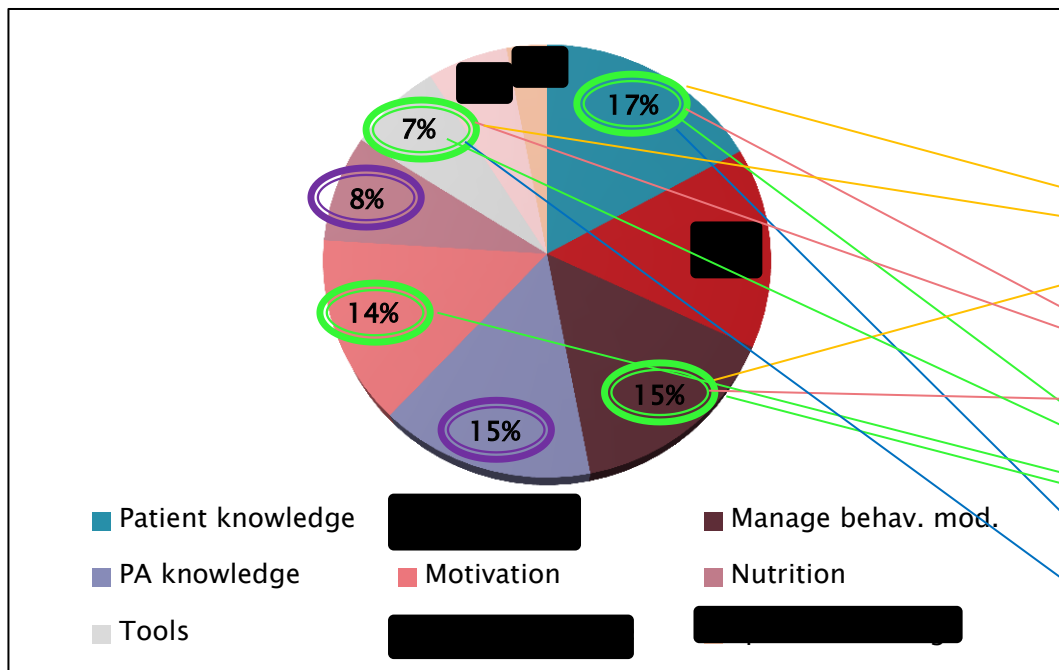
# Results and discussion

## Analyse of the curriculum

- 6 items are considered as acquired by students
  - Knowledge of pathologies
  - Knowledge in sports and physical training
  - Knowledge in physiology and biochemistry
  - Knowledge in anatomy and neuroanatomy
  - Skills in pedagogy and didactics
  - Skills in sport practice

# Results and discussion

## Comparison between skills already acquired and those who still have to be integrated by students



How can we teach these skills ?

1) Transtheoretical model

2) 5A Model

3) Motivational interviewing

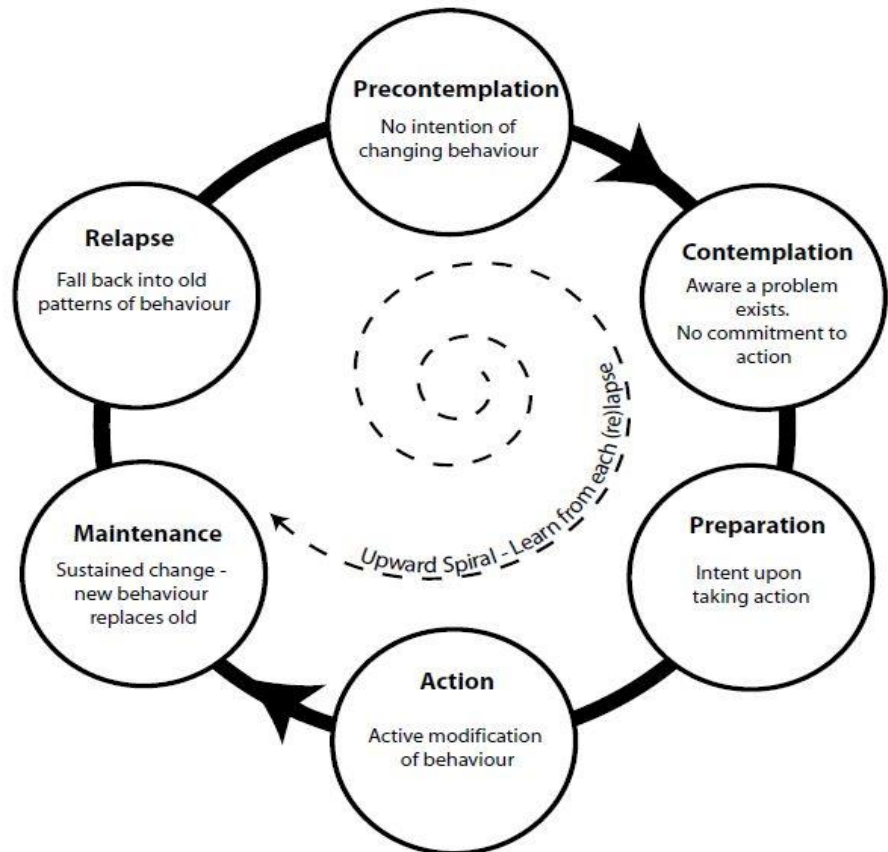
4) IPAQ

+ Some reminders

# Results and discussion

## Unit content

- 1) Transtheoretical model adapted to physical activity (Tafticht & Csillik, 2013)





# Results and discussion

## Unit content

### 2) 5A Model (NCI, 1989)



# Results and discussion

## Unit content

### 3) Motivational interviewing

- To talk with patient to help him to find barriers to the practice of physical activity
- To settle key elements to get and keep motivation

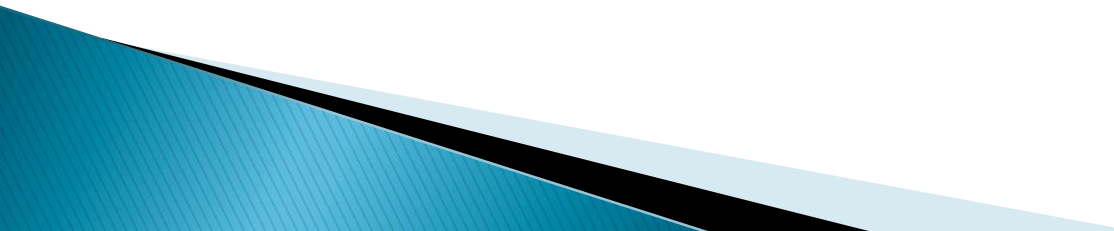
# Results and discussion

## Unit content

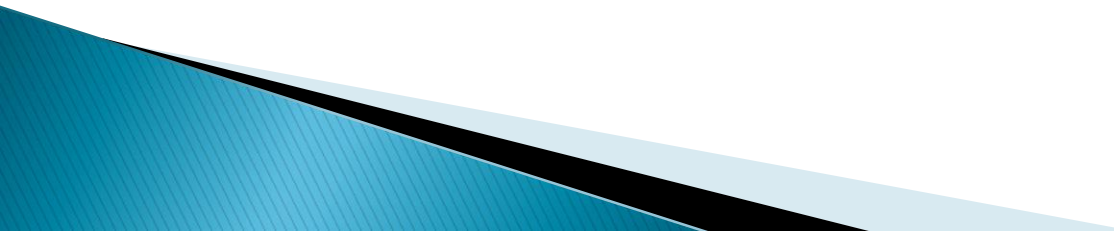
4) **lpaq** (Lee, Macfarlane, Lam, Steward, 2011)

→ « International Physical Activity Questionnaire »

# Next steps

- To implement unit with Master students
  - To study the impact of this unit on the students practice
  - To develop collaboration with general practitioners or others health experts
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# Conclusion

- The society need efficient PE teachers in the promotion of active lifestyle and the development of physical activity counselors
  - To fix the content of a unit intended to PE Master students is the first step of the development of a more global physical activity counseling project
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Thank you  
for  
your attention  
!

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