

PE teachers as PA promoters: Examples of initial/continuous preparation processes

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Introduction

- ◆ Increasing prevalence of obesity
 - ❖ Health problems → health expenses
 - ❖ Actions to limit the phenomenon
- ◆ Emphasis on the increase of sedentarity
 - ❖ Need of a multisectorial action (WHO, 2001)
 - ❖ Central role of school (Pate et al, 2006)
 - ❖ PE teacher as corner stone of the process (USDHHS, 1996, Tappe & Burgeson, 2004)

Introduction

- ◆ One determining question
 - ❖ Are PE teachers ready to be the expected PA promoters?
- ◆ Provisional answer (Wallonia)
 - ❖ PE teachers come mainly from sport culture
 - ❖ Traditional PETE is focused on sport
 - ❖ Few students consider that PE teachers had a determining influence on their sport practice (Bodson & Zintz, 2007)
 - ❖ Few students (adults) consider that PE teachers had a determining influence on their current active lifestyle (Cloes et al, 2009; Huts et al., 2005)

Introduction

- ◆ PE teachers' representations of their objectives

	WAL (%)
Fitness	57.1
Health	54.3
Students' activity	18.6
Integration	17.1
Sport skills	8.6
Education	8.6
Respect of rules	7.1
Fun	7.1
Entraide	1.4

Introduction

- ◆ One determining question
 - ❖ Are PE teachers ready to be the expected PA promoters?

The answer is mainly « Maybe »

Conclusion of this introductory part

- ◆ PE teachers need support to make youths physically active and adopting a healthy lifestyle
 - ❖ Proposing traditional PE lessons is not enough
 - ❖ Priority # 1 = to clarify their representations about PA
 - ❖ Priority #2 = to identify and share strategies aiming to define their potential actions

Goals of this presentation

- ◆ To illustrate actions aiming to prepare PE teachers to become effective as PA promoters

Principles of this presentation

- ◆ Involving the public in a process based on reflexivity and information exchange
- ◆ Using the representations, experiences and imagination of the public as main support
- ◆ Approach voluntary constructive and participating

Four questions

- ◆ What is physical activity?
- ◆ What must be do, finally?
- ◆ How to deal with arguments against practice?
- ◆ What could do PE teachers?

1) What is physical activity?

◆ Examples of physical activities

- ❖ A game: Mime some kinds of physical activity
- ❖ Just raise one arm and mime the activity when invited
- ❖ The others identify the activity
- ❖ I write the name of this activity in one table

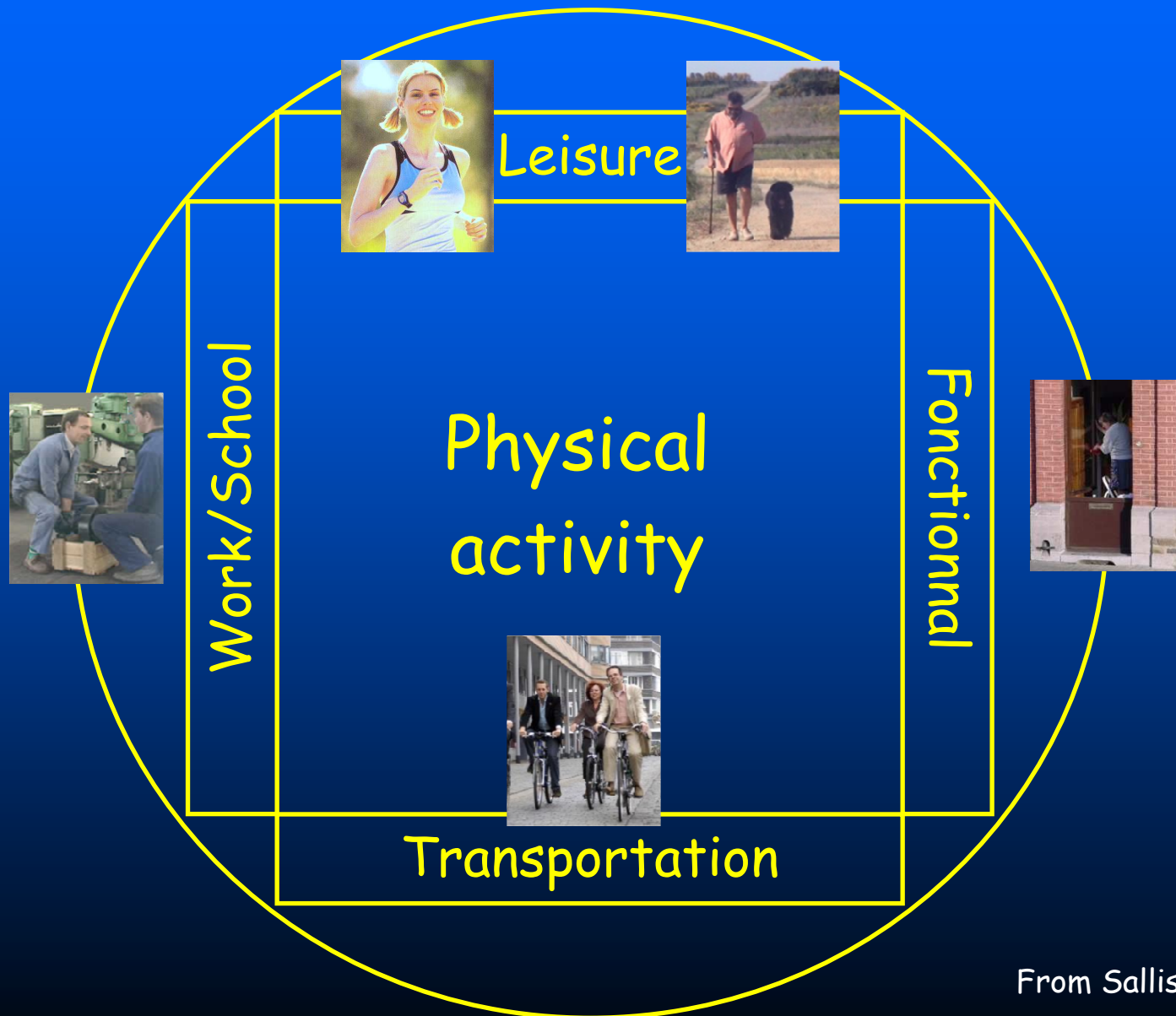
1) What is physical activity?

- ◆ Examples of physical activities

Tennis
Basket
Boxe
VB
Kayak
H
Karate
Jogging

Dance
Trad dance

1) What is physical activity?



From Sallis et al. (2006)

1) What is physical activity?

◆ Implications

- ❖ PE teachers need to underline that PA is not only sport
- ❖ They have to illustrate ways to be active outside of school (literacy)
- ❖ They need to identify the amount of activity of their students and its evolution (accountability)

2) What must be do, finally?

- ◆ Quiz « Questions for one champion »
- ◆ Take one of the sheets of paper that you received + write donw your age, your gender (W/M), your status (student, PE teacher, supervisor ...) + your usual PA level (high, moderate, weak, nul)

2) What must be do, finally?

- ◆ You will write your answers to 10 simple questions
 - ❖ Write the proposal that you consider as correct (Q1 to Q9)
 - ❖ Write your proposal (Q10)

No cheating !





Quiz «Physical activity and health»

1) Between 18 and 65 year-old, how many minutes a week one individual should spend in moderate intensity aerobic physical activity?

60 90 120 150 180 210 240 270

2) 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

3) What is the minimal number of weekly opportunities during which one adult practices activities allowing to maintain muscular strength and endurance ?

0 1 2 3 4 5 6 7



Quiz «Physical activity and health»

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

0 1 2 3 4 5 6 7

5) What should be, in minutes, the longest duration of leisure time that one youth spend daily in front of one screen?

0 30 60 90 120 150 180 210

6) At the minimum, how many times per week one adult should do stretching and relaxation activities ?

0 1 2 3 4 5 6 7



Quiz «Physical activity and health»

7) How many steps one adult should cumulate daily ?

2.000 3.000 4.000 5.000 7.500 10.000 12.500 15.000

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

5 10 15 20 25 30 35 40



Quiz «Physical activity and health»

9) 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

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



Quiz «Physical activity and health»

Correction

- | | | |
|----------------|-------------------------|--|
| 1) Week PA ad. | 150' | 5 X 30'/week |
| 2) Min PA | 10' | Really short → easy! |
| 3) Strength | 2 X/week | Muscular strength and endurance (to hang, ...) |
| 4) Youth PA | 7 d/week | Daily activity cumulating everything!!! |
| 5) Screen | 120'/day | Need to decrease passive leisures |
| 6) Flexibility | 5 j/week | Stretching and/or relaxation (5-10') |
| 7) Steps | 10.000 | 5km walk (the most natural PA) |
| 8) Limit | 20 h/week | Sport excess is dangerous for health |
| 9) Sit | 120' | 10' breaks 10' at school or at home |
| 10) Intensity | Breathless and sweating | |

www.monplannutrition.be/documents

Les brochures

L'activité physique en Belgique.

Document de consensus scientifique

2) What must be do, finally?



- ◆ To promote and maintain health, all healthy adults aged 18 to 65 yr need moderate-intensity aerobic (endurance) PA for a minimum of 30 min on five days each week **or** vigorous-intensity aerobic physical activity for a minimum of 20 min on three days each week
- ◆ Combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation
- ◆ The total active time of physical activity can be reached by accumulating physical activity periods of 10 minutes

De Bourdeaudhuij & Bizek (2008)

2) What must be do, finally?



- ◆ Youths (7 to 18 yr) need to participate in PA of moderate intensity for one hour accumulated over a day
- ◆ Adolescents had better do more intense activity twice a week, in order to improve or maintain their physical condition

De Bourdeaudhuij & Bizerl (2008)

- ◆ Periods longer than 2 hours in sitting position should be avoided
- ◆ Leisure time in front of one screen should be limited to 2 hours/day

Ministry of Social Affairs and Health (2008)

2) What must be do, finally?

Remember these three numbers:

30 (minutes per day)

10 (minutes in a row)

5 (times per week)

Doing muscular efforts 3 X/week
Stretching and relaxing each day

2) What must be do, finally?

A physically educated person is recognized as having learned skills necessary to perform a variety of PA, participating regularly in PA, being physically fit, knowing the implications and the benefits of involvement in PA, valuing PA and its contributions to a healthy lifestyle

NASPE (1992)



**An active lifestyle =
real issue of education**

3) How to deal with arguments against practice?

- ◆ Inactive people propose many arguments to justify
- ◆ PE teachers should be able to propose counter arguments
- ◆ Arguments against active lifestyle will be proposed
- ◆ Proposals of counter arguments are requested

OFSPO (2004)

Argument #1

It is more important to eat correctly than doing physical activity. Moreover, a healthy diet is enough to preserve their well-being.



A balanced diet contributes to good health. But it has little impact on the physical capabilities of the musculoskeletal system, for example, which decreases significantly during inactivity. A balanced diet coupled with adequate exercise is the best guarantee of good health. It is also the best way to improve well-being.

Argument #2

I have a manual job. My professional activity provides enough physical activity.



Movements made in the workplace are sometimes repetitive and can cause problems. In this case, it is advisable to follow a workout that makes it possible to address them.

Argument #3

Rather than going to transpire,
I prefer to spend the evening
watching television.



You should know that moderate physical activity such as walking or cycling, has a positive influence on health. It is therefore possible to obtain favorable results without having to sweat. The most one is active, the most pleasant becomes the activity as feeling of fatigue decreases and feeling of well-being increases.

Argument #4

I feel fit without being physically active.



Diseases promoted by physical inactivity (diabetes, cardiovascular disease) are developing very progressively and silently until the first symptoms. Moreover, exercise leads to improved well-being and body awareness, even if one is already healthy.

Fighting against bad representations

Bad representations	Counter arguments
Physical activity = sport	In fact, sport is only one of the five categories of PA. The other are « non sport leisure » (ex.: going for a walk, gardening ...), active transportation (ex.: walking, biking), professional activities and functional activities (ex.: housekeeping ...)
To be effective, one PA need to be vigorous	On the contrary, moderate intensity (increase of heart/respiratory rate like in one brisk walking) provide the best impact for the health: one does not need to be performing for moving
PA needs time	Not necessarily as it is possible to divide the daily "PA dose" in bouts of 10 minutes
One can be active only during the weekend	It is not correct because body adaptation depends on regular repetition of the efforts
PA is expensive	Many PA do not need special wear nor fees; walking is the most concrete example

Cloes (accepté)

4) What could do PE teachers?

- ◆ Description of one personal example
- ◆ Take one of the sheets of paper that you received + write down your age, your gender (W/M), your status (student, PE teacher, supervisor ...) + your usual PA level (high, moderate, weak, nul)

4) What could do PE teachers?

- ◆ Describe one event that you personally experienced with your students during which you felt that you had a positive action in making them physically educated persons
 - ❖ 5 minutes
 - ❖ Mention only facts

We do not always
cheat!



Results & discussion

<i>Categories</i>	<i>N</i>	<i>%</i>
Endurance's activities	46	14.5
Diversified activities	41	12.9
Objective « fun »	38	11.9
Student's enhancing	36	11.3
Health benefits of physical activity	35	11.0
Out of school's sport activities	29	9.1
Teacher behaviour	29	9.1
Justification of PE	29	9.1
Initiation into unusual sports	20	6.3
Questionnaire on students' interests	8	2.5
Respect of good manners	5	1.6
Students' notebook/portfolio	2	0.6
Total	318	100.0

Results & discussion

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❖ Teachers' critical incidents emphasized the teachers' interest towards actions that could

- ⇒ motivate students to be active, increase time on task or attendance
- ⇒ encourage students to open their mind to a more positive attitude towards PA

❖ Appreciating PE might be a first step in the direction of a lifelong active lifestyle

Results & discussion

❖Some more specific categories
 ❖The marketing of PE and PA should be promoted also outside the gym
 ⇒Collaboration with other educational partners for integrated actions was not mentioned

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Conclusion

- ◆ PE teachers need to become aware about their role in promotion of an active lifestyle
- ◆ PE teachers' educators need to develop original activities that can help practitioners to develop their own actions on the field
- ◆ Strategies exist and can be shared
- ◆ Don't hesitate to use those that we experienced today

Please, take one of the sheets of paper that you received + write down your age, your gender (W/M), your status (student, PE teacher, supervisor ...) + your usual PA level (high, moderate, weak, nul)

Propose your comments about this presentation

Thank you for your
collaboration



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