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Can P.E. Foster a Lifelong Commitment to Physical Activity?

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Background

Children’s fitness (CRF) is declining globally by 4.3% per decade\(^1\)

\(\cdot\) CRF attenuates the impact of adiposity\(^2\)

\(\cdot\) Lack of evidence as to how P.E. can increase CRF\(^3\)

Methods

Pupils aged 13/14

\(\cdot\) Questionnaire to determine perceived ability in PE

\(\cdot\) Interviews (n=14) regarding P.E. experiences with low and high scores/boys and girls

Analysis

\(\cdot\) Template analysis\(^4\)

\(\cdot\) SDT\(^5\) provided a priori themes

\(\cdot\) New themes generated from the data

Conclusions:

1. Give children a choice: An engaging curriculum that meets needs of all children not just those with sports skills

2. Treat children with respect: Support individual goals rather than bullying them into meeting expected outcomes

3. Results were not gender specific

4. Control, competency and support lead to intrinsically motivated behaviour which is more likely to continue into adulthood.

References


Deci EL, Ryan RM. Facilitating optimal motivation and psychological well-being across life’s domains. Canadian Psychology 2008; 49(2)