

The importance of physical educators' representations about physical activity

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Purpose of the presentation

Three questions:

- Why the representations about PA are so important (in PE)?
- Do the PE teachers know the representations ?
- How to deal with ?



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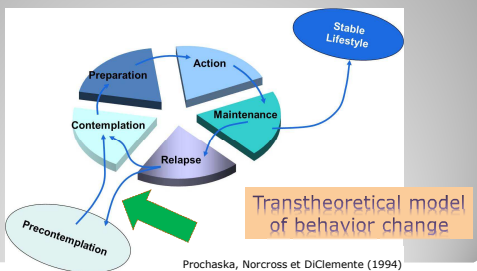
Why the representations about PA?

A REPRESENTATION IS A MENTAL IMAGE THAT SOMEONE HAS ABOUT SOMETHING



Representations about PA are important because ...

- Determining variable for behaviour change



Transtheoretical model of behavior change
Prochaska, Norcross et DiClemente (1994)

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Importance for the PE teacher because PE changed

±1970 ±2000

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What to consider about representations on PA ?

- Definition – What is PA?
- Impact – What are the PA's effects?
- Recommendations – What to do?
- Self-analysis – Do I practice enough?
- Action – How can I do to reach the goal?

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Accuracy of the representations in PE ?

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O que você devem fazer?

- Questionário - "Perguntas para um campeão"
 - 10 questions about PA recommendations
 - 8 proposals for each questions
 - For correction, be an animator
 - Ask to the respondents to stand up quickly when their answer is pronounced
 - Give 2 points for a correct answer, 1 for one answer differing by one rank
 - Provide short explanations on the correct answers

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What we learned ?


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Everybody 'knows' that PA is important ...

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But ...

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



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So, ...

- ... it is necessary to act ...




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So, ...

- ... against wrong representations

Cloes (2012)


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



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PE has to be 'societally anchored'

- ➔ Your pupils/students can use what you teach them in their life after the bell rang
- ➔ They will be able to use what you taught them during their whole life



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Never again



Tome et Janry

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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

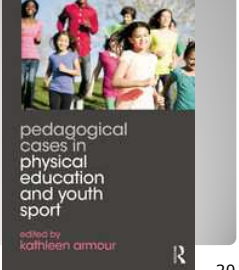
Ciotto & Fede (2014)
Erwin et al. (2014)

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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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*Take home message

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 dimensions 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

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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!



Agora é com você



Obrigado pela vossa atenção !

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<http://orbi.ulg.ac.be/ph-search?uid=U012570>

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