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?

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

Prochaska, Norcross et DiClemente (1986)
Importance for the PE teacher because PE changed:

- 1970
- 2000

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?

Accuracy of the representations in PE?

What we learned?
Few are really aware about the objectives to reach!!!

It is necessary to act...

... against wrong representations

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

PE has to be "society 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

Never again
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

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

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

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

References