

Physical activity: Representations and women

Prof. Marc CLOES

Department of Sport and Rehabilitation Sciences
University of Liege, Belgium

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Three questions

- Physical activity: What is it?
- What's the point?
- What to do, finally?



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Physical activity: What is it?

Examples of physical activities

- Can you mime different kinds of physical activities?



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Examples of physical activities

- Your examples

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PA is not only sport !!!

Physical activity

Occupation/School

Functional

from Sallis et al. (2006)

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Definition of physical activity

- Any **bodily movement** produced by **skeletal muscles** that requires **energy expenditure**

OMS (2010)

Implication: doing physical activity can be very diversified but one has to move a minimum

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Gradation of PA

- Sedentary behaviour
 - Time spent sitting/lying between reveille and sleep
- PA-Low intensity
 - Under the moderate activity level
- PA-Moderate intensity (MPA)
 - Increase of heart or respiratory rhythm (brisk walking)
- PA-Vigorous intensity (VPA)
 - Breathlessness, impossible to maintain a conversation

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Physical activity: What's the point?

Physical activity: What's the point?

- From your point of view, what are the **effects** of physical activity physique ?

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Categories of PA effects

- Your answers

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PA has a positive effect on ...

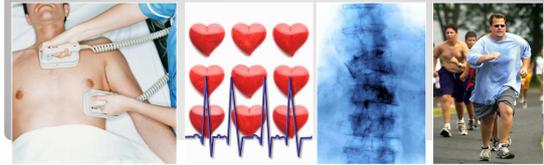
- Body modifications
 - Cardiovascular system (heart rate ...)
 - Respiratory system (breath characteristics ...)
 - Muscular system (strength, flexibility ...)



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PA has a positive effect on ...

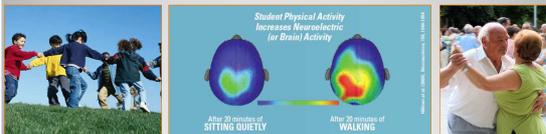
- Health (physical and mental) and disease
 - Mortality rate
 - Cardiovascular disease, cancer, diabetes
 - Arthritis, osteoporosis
 - Falls, obesity
 - Depression, stress



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PA has a positive effect on ...

- Modification of the cognitive functions
 - Cerebral activation
 - Executive functions in learning
 - School performance



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PA has a positive effect on ...

- Modification of the way of behaving
 - Social integration
 - Reduction of other risk behaviours



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PA has a positive effect on ...

- Economical aspects
 - Reduction of absenteeism
 - Decrease of some expenses
 - Decrease of the health costs



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What to do, finally ?

What do the people have to do?

- Quiz « Questions for a champion »
 - Take the sheet with 10 boxes + write your age and gender (Female/Male) + occupation
 - As quick as possible, circle the proposal that you consider as correct (Q1 to Q9)
 - Write your proposals (Q10)

No cheating ...



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What to do?

- Quiz « Questions pour un champion »

Correction

- Exchange your form with one neighbour
- Be ready to assess → Write the results
 - 2 points for one correct answer (**green** circle)
 - 1 point for one answer just above or below (**orange** circle)
 - 0 point for another answer

Continue to not cheating!



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What to do?

- Synthesis for youths (5-17)
 - Accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily (periods of at least 10 minutes)
 - Amounts of physical activity greater than 60 minutes provide additional health benefits
 - Most of the daily physical activity should be aerobic
 - Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone (playing games, running, turning or jumping), at least 3 times per week

OMS (2010)
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What to do?

- From 18 to 64 year-old
 - Cumulate at least 150 min. of moderate-intensity or do at least 75 min. of vigorous-intensity aerobic PA throughout the week (at least 10 minutes at a time)
 - For additional health benefits, increase the moderate-intensity aerobic PA to 300 min/week, or engage in 150 minutes of vigorous-intensity aerobic PA/week
 - Muscle-strengthening activities should be done involving major muscle groups on 2+ days/week

OMS (2010)
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What to do?

- At 65+ year-old
 - The same than 18 à 64 year-old
 - Older adults, with poor mobility, should perform PA to enhance balance and prevent falls on 3 or more days per week
 - When older adults cannot do the recommended amounts of PA due to health conditions, they should be as physically active as their abilities and conditions allow

OMS (2010)
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What to do (adults)?

- Remember these three numbers (a good start!):

30 minutes per day
10 minutes minimum
5 times per week

- Do muscular efforts 2 times/week
- Stretch/relax each day (10 minutes)



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What to do?

- And remember to ...

limit sitting time <2h

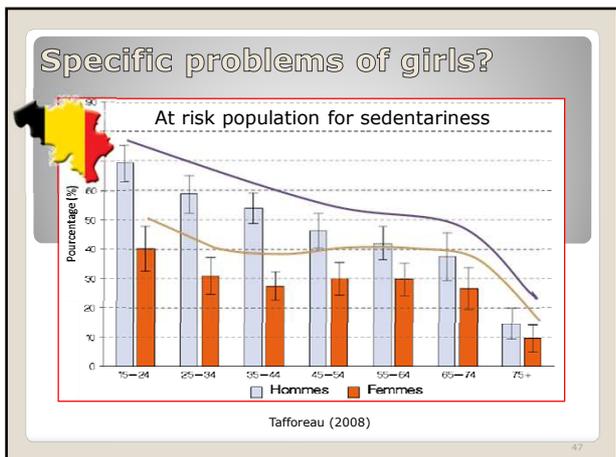
screen time <2h



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A short look on the girls ;-)




Let's move !

Physical activity must be practiced

- Form at most 6 groups
- Chose one captain who comes near me
- Have fun



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What we learned ?

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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**Take home message*

Four key messages

- Teach the recommendations according to the change stages of behaviour
- Set out your arguments against 'good' excuses
- Be a (female) model
- Support physically active behaviour

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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



It's up to you, now!



Marc.Cloes@ulg.ac.be

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