

Is it easy to define physical activity? Analysis of the answers of freshmen in sports sciences and physiotherapy

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Terima kasih atas jemputan tersebut



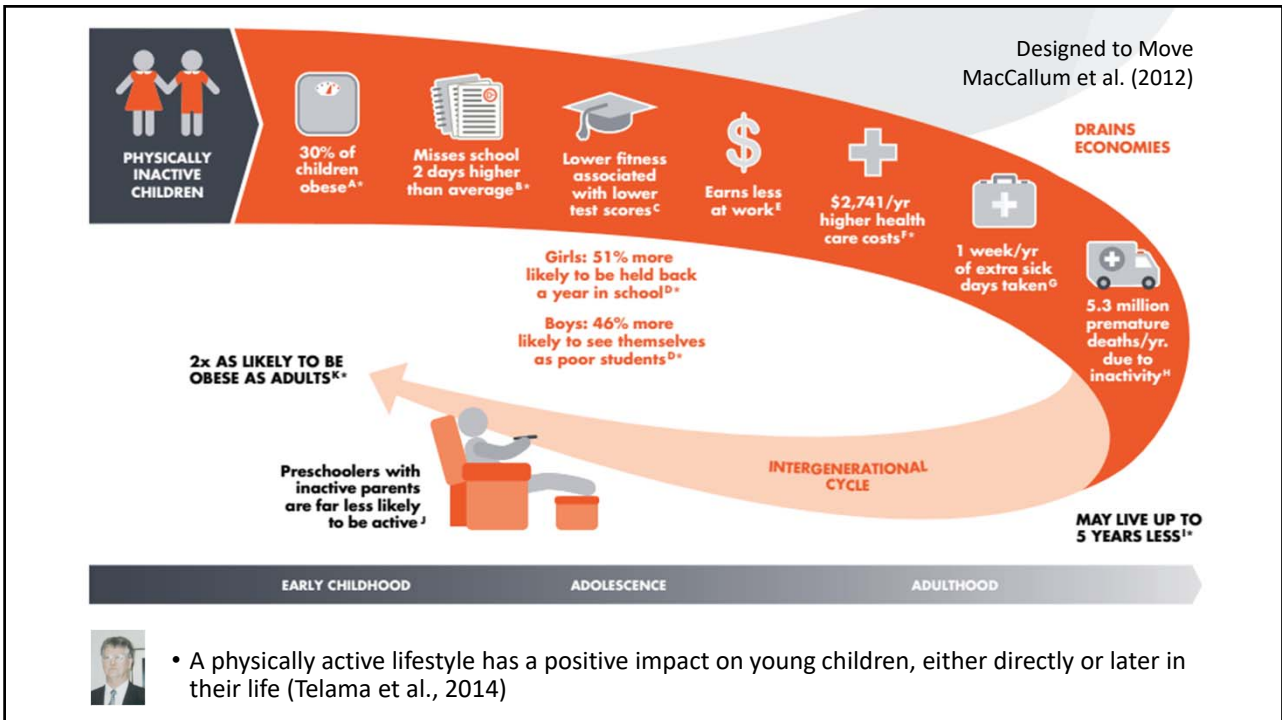


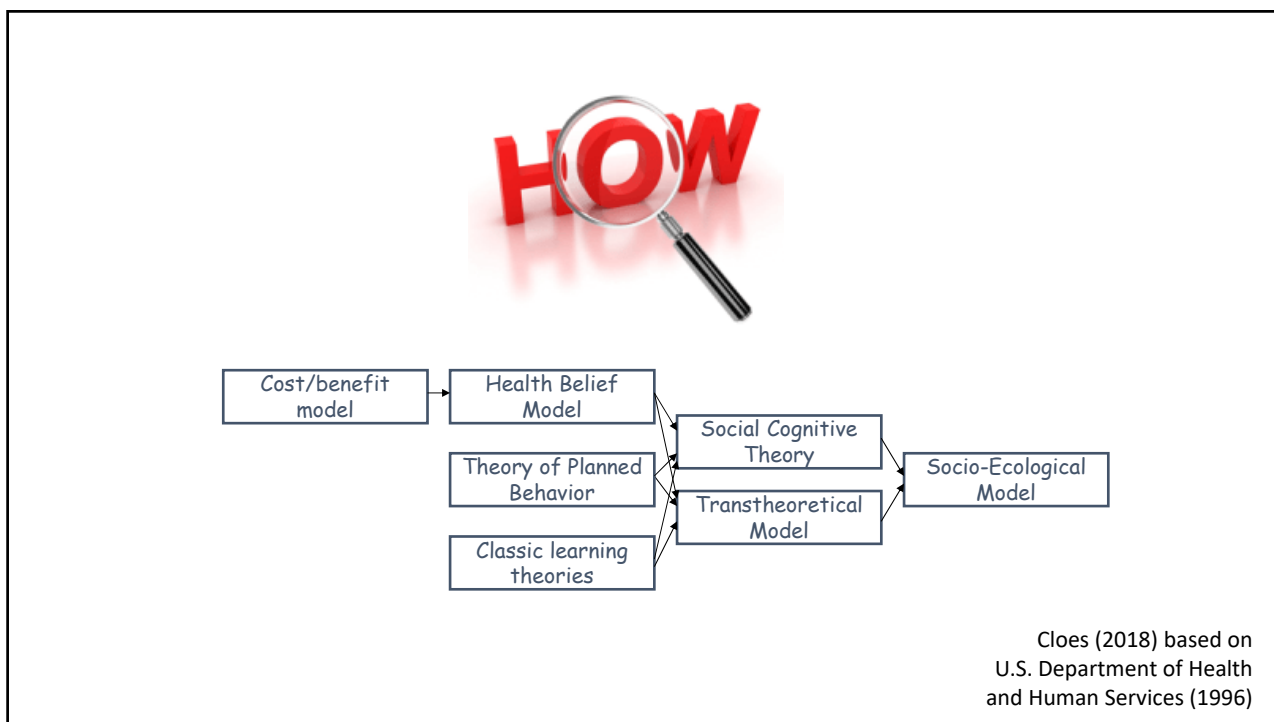
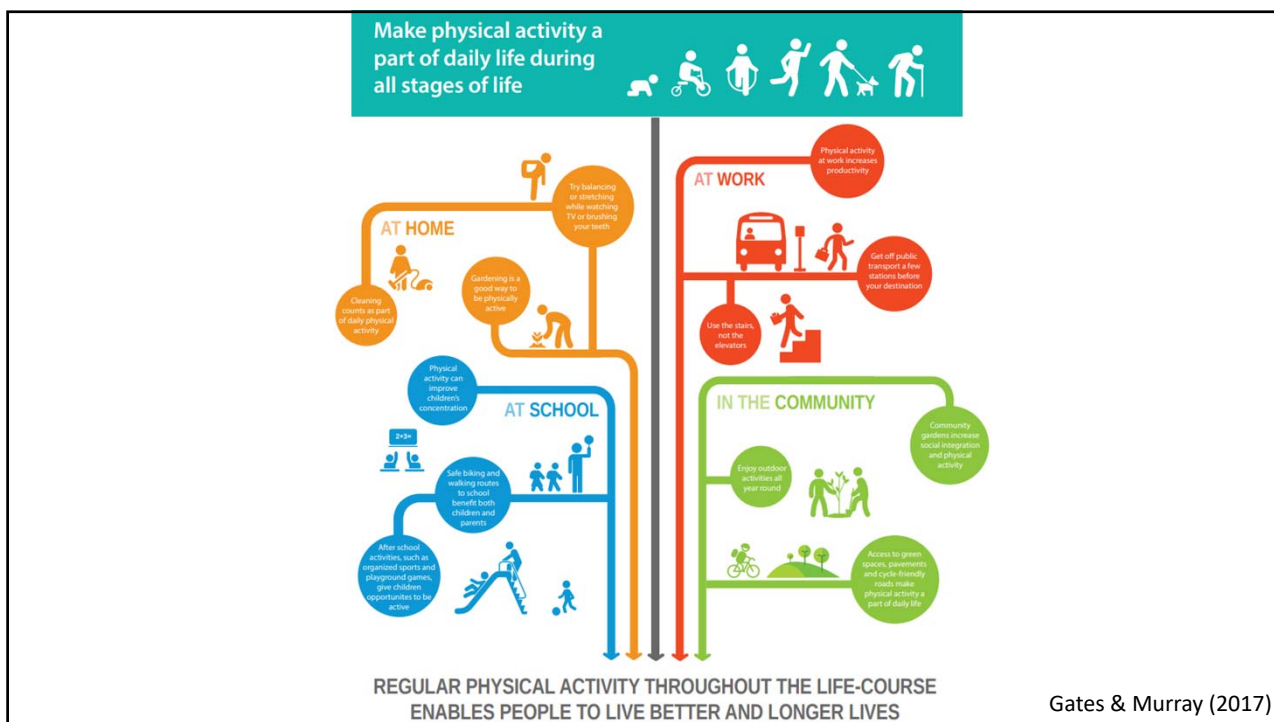
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<https://www.who.int/news/item/26-06-2024-nearly-1.8-billion-adults-at-risk-of-disease-from-not-doing-enough-physical-activity>

Nearly 1.8 billion adults at risk of disease from not doing enough physical activity

26 June 2024 | News release | Geneva | Reading time: 2 min (636 words)

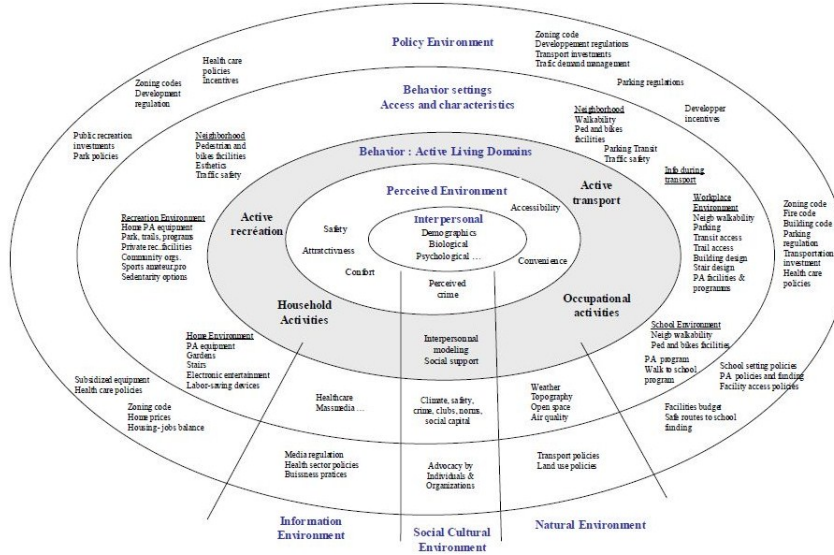
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Socio-Ecological Model

Complex version

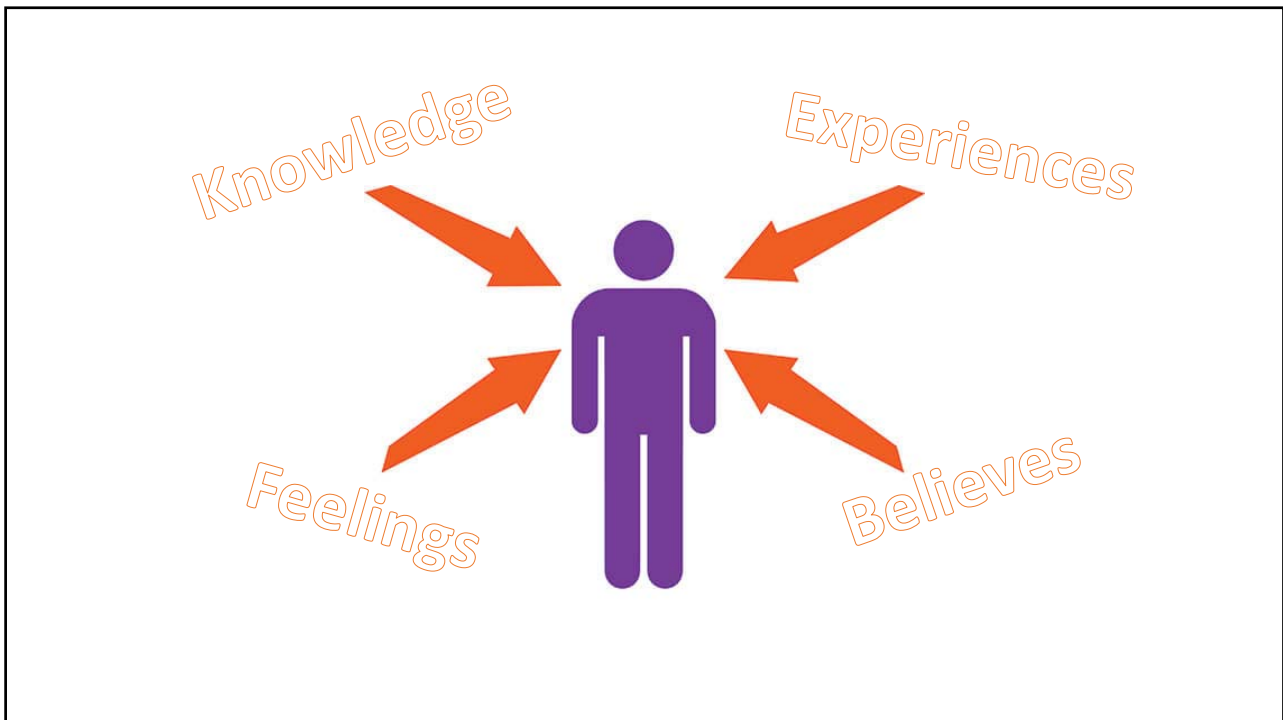


Sallis et al. (2006)

Socio-Ecological Model

Simple version





The starting point = the representations

What do we mean by 'representations'?

- Academic definition
 - A more or less conscious, organized, and coherent mental phenomenon, composed of cognitive, affective, and value-related elements concerning a particular object
 - A combination of conceptual elements, attitudes, values, mental images, connotations, and associations
 - A symbolic, culturally determined universe where spontaneous theories, opinions, prejudices, and decisions to act are formed

Garnier & Sauv  (1999, p. 66)

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What do we mean by 'representations'?

- Common sense definition
 - What one thinks about something
 - The set of ideas one has about something



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An important impact of the 'representations'

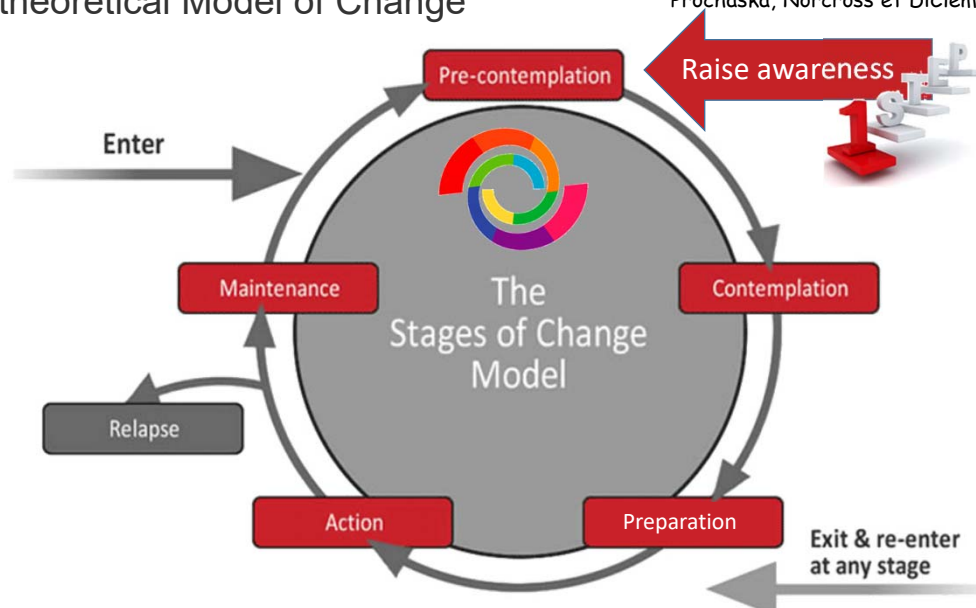
To provide a starting point for changing habits



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Transtheoretical Model of Change

Prochaska, Norcross et DiClemente (1994)



Representations on PA

Cloes (2016)

- Aspects/questions to consider
 - **D**efinition – What is it?
 - **I**mpact – What is it for?
 - **R**ecommendations – What needs to be done, actually?
 - **A**nalysis – Am I doing the right thing? Am I ready to change? What's stopping me?
 - **P**lanning – How to reach the recommended level?

DIRAP

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Content of the presentation

A focus on the physical activity's definition

- A short interactive situation
- Presentation of some data
- Few suggestions

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Interactive part

Your definition of physical activity



Take a small sheet of paper and your pen
Write your definition



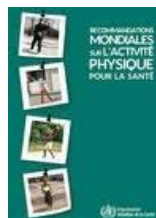
Exchange your answer with a neighbour

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Your definition of physical activity



Analyze the answer according to the WHO
(2010) definition



WHO (2010)

Four items:

- (1) Any bodily movement
- (2) Produced by skeletal muscles
- (3) That substantially increases energy expenditure;
- (4) Over the resting level

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Analyze the definition you received

Item name	Explanation	Examples



Some findings

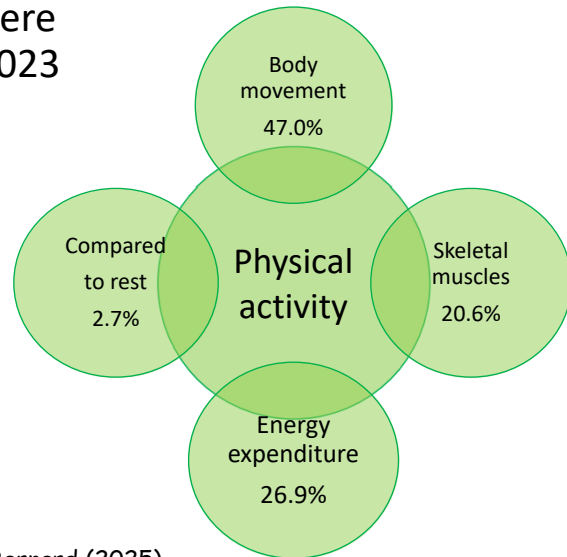
Freshmen in sports science and physiotherapy

- 1409 students of the ULiege were surveyed between 2013 and 2023

	PA
Definition (%)	89.2
N items/4	1
4 items (%)	



Cloes & Descy-Bernard (2025)

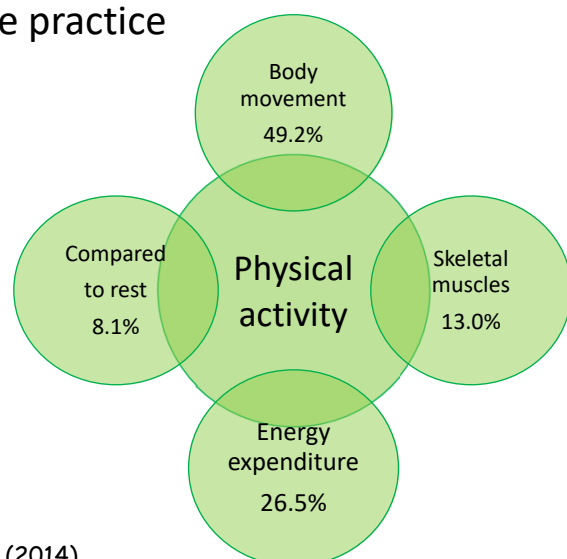


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Physical Therapists

- 185 French speaking PTs in active practice
- Convenience sample
- Online questionnaire

	PA
Definition (%)	65,4
N items/4	1,2
4 items (%)	1.1



Mouton et al. (2014)

Mugnier (2010)

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**Take
home message*

Five key messages



There is a lack of knowledge about the fundamental concept of physical activity

Five key messages



Young adults like health professionals are not at ease when defining physical activity

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Five key messages



Physical activity promotion should start by working on people representations

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Five key messages



It would be necessary to pay more attention to the public's knowledge of physical activity

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Five key messages for PETE



This should be one of the priorities of the physical education course

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References

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Images

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