

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

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for Holistic Health and Wellbeing*

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## Terima kasih atas jemputan tersebut





Key facts



Health Topics ▾

Countries ▾

Newsroom ▾

Emergencies ▾

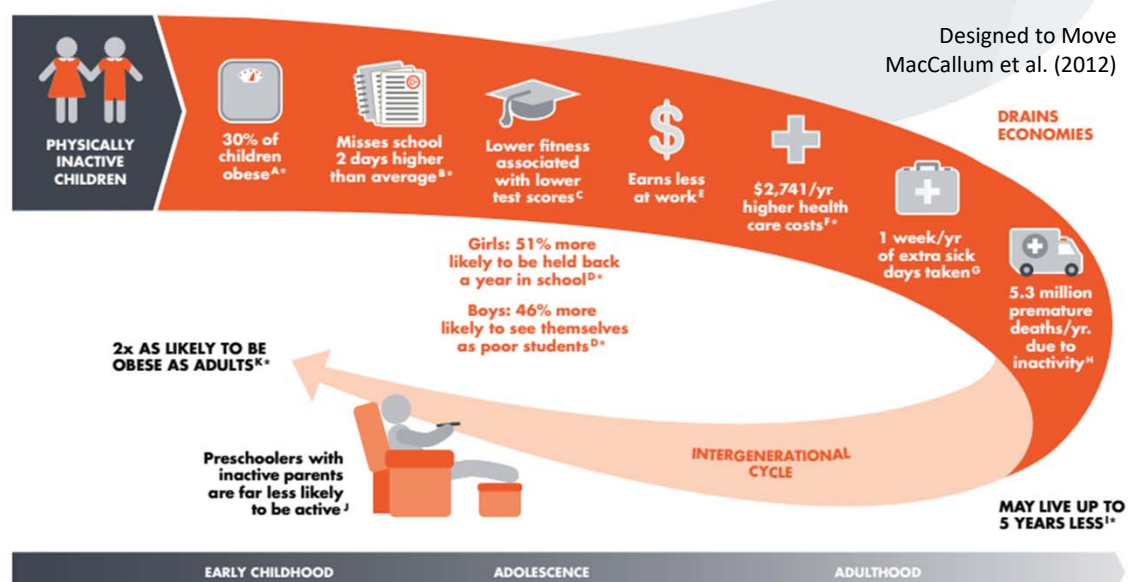
Home / News / Nearly 1.8 billion adults at risk of disease from not doing enough physical activity

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

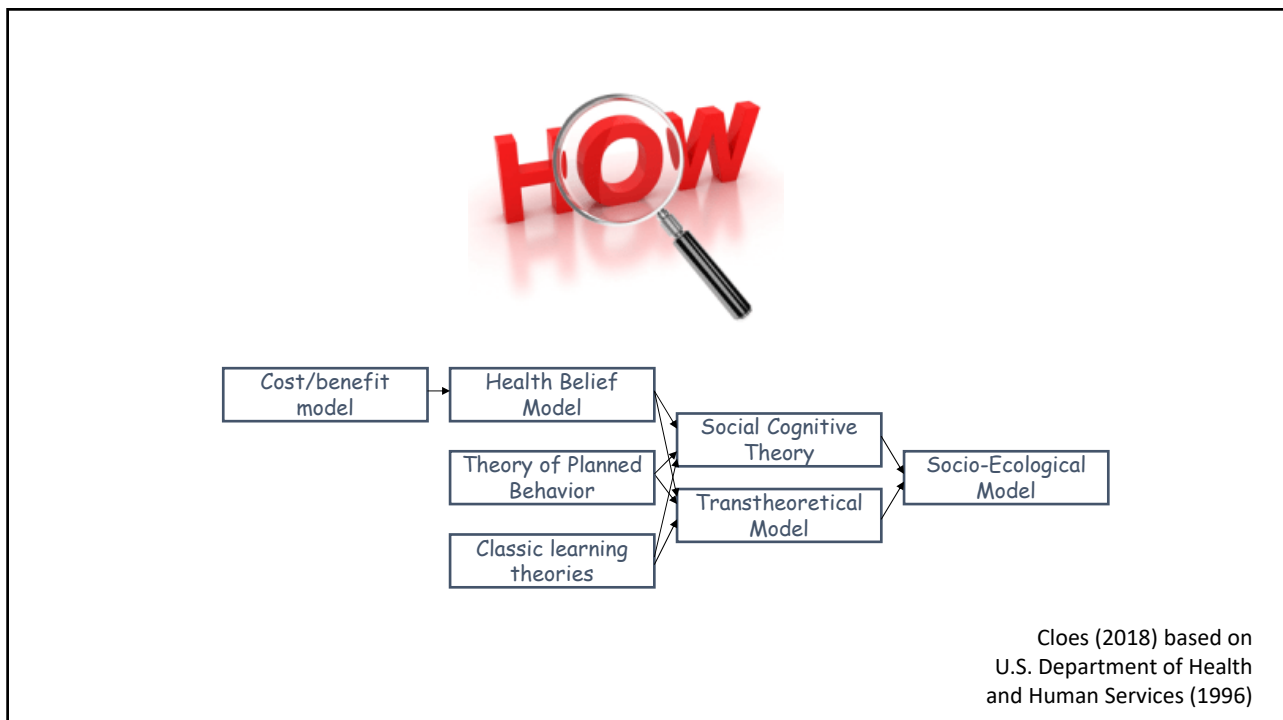
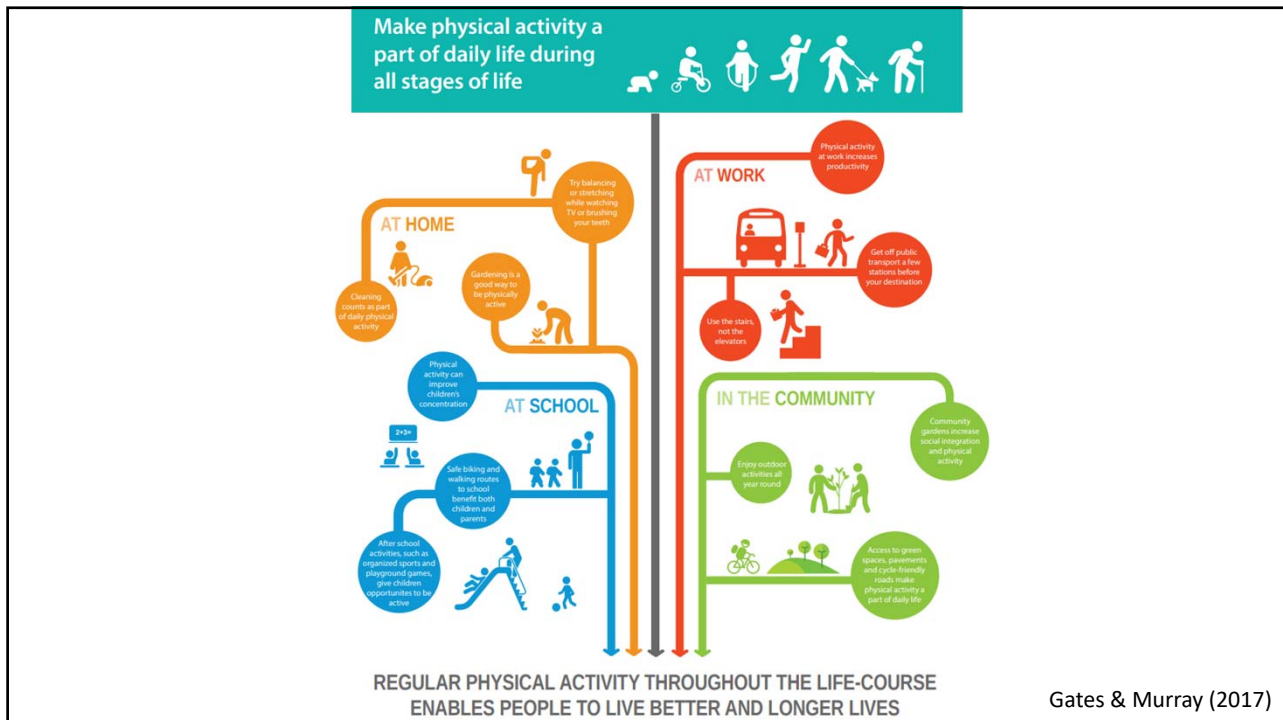
# Nearly 1.8 billion adults at risk of disease from not doing enough physical activity

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

5

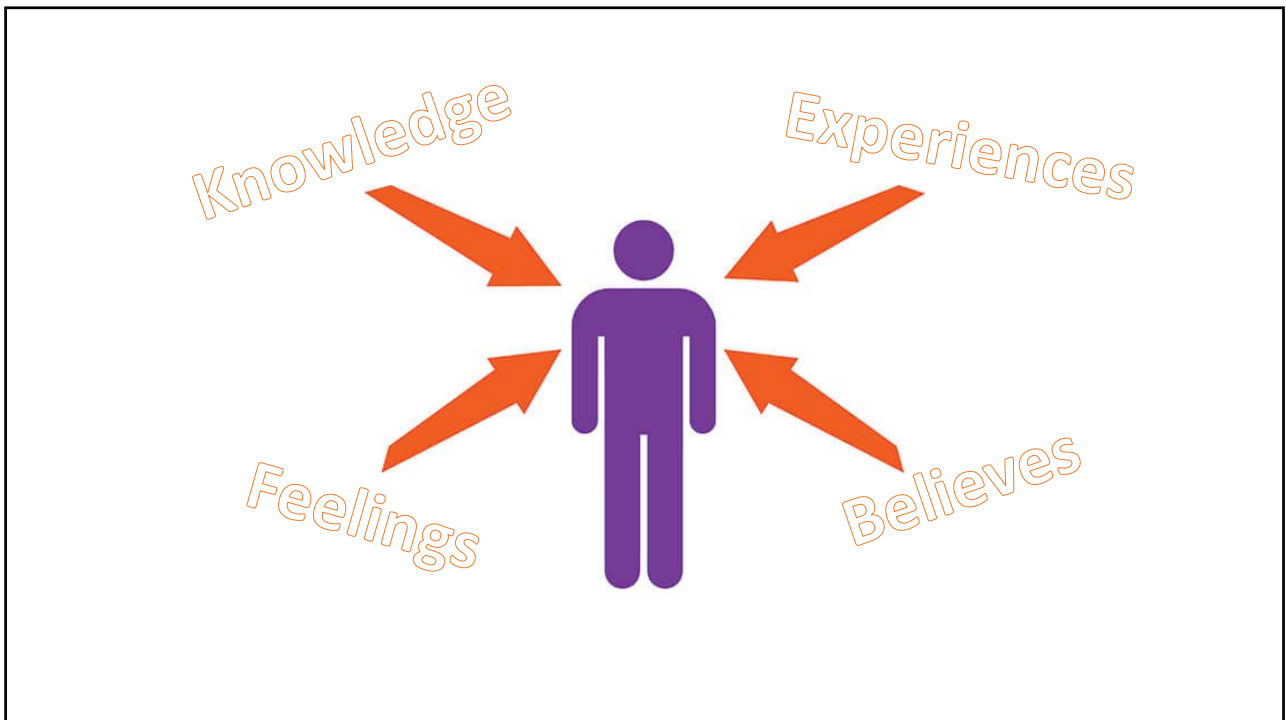


- A physically active lifestyle has a positive impact on young children, either directly or later in their life (Telama et al., 2014)









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 & Sauvé (1999, p. 66)

13

## What do we mean by 'representations'?

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



14

An important impact of the 'representations'

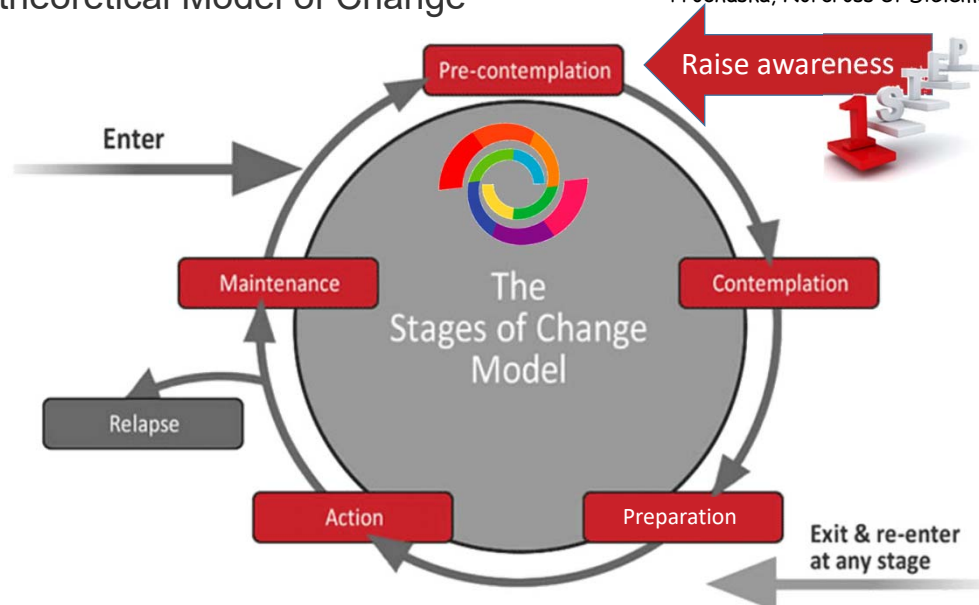
To provide a starting point for changing habits



15

## Transtheoretical Model of Change

Prochaska, Norcross et DiClemente (1994)





## Representations on PA

Cloes (2016)

- Aspects/questions to consider
  - Definition – What is it?
  - Impact – What is it for?
  - Recommendations – What needs to be done, actually?
  - Analysis – Am I doing the right thing? Am I ready to change? What's stopping me?
  - Planning – How to reach the recommended level?

DIRAP

17



Content of the presentation

## A focus on the physical activity's definition

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

19



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

21

## 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

22

## Analyze the definition you received

Item name	Explanation	Examples
Any bodily movement	Terms referring to an action of the body/physical	Movement, physical action, using one's body, body activation, exertion of the body/organism, moving, physical effort
Produced by skeletal muscles	Terms referring to the involvement of the human body's muscles in performing the action	Muscles, locomotor system
That substantially increases energy expenditure	Terms highlighting that there is an increase in expenditure due to the action, that the action has an impact on the expenditure of the human body, of the muscles	Increases energy expenditure, calorie expenditure, muscle work, oxygen or substrate use, exertion, causes fatigue
Over the resting level	Comparison between rest and activity	Compared to rest, compared to a sedentary person, compared to when one is sitting/lying down

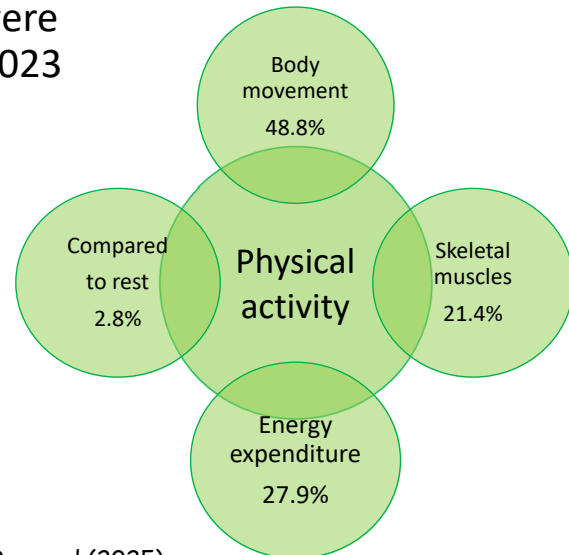


Some findings

## 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 (%)	1.2



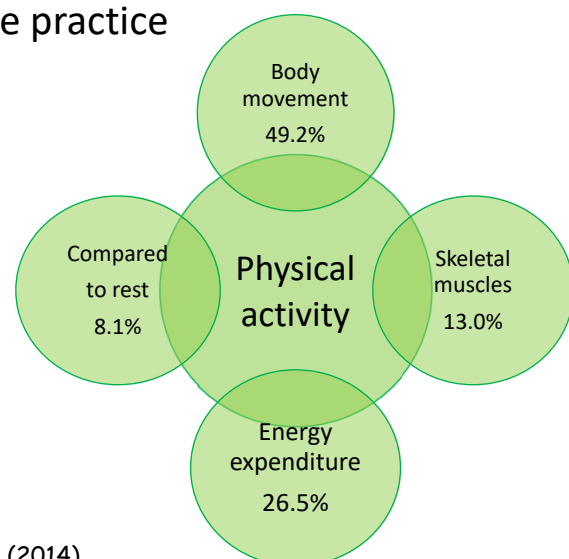
Cloes & Descy-Bernard (2025)

25

## 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)

26





*\*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

29

## Five key messages



Physical activity promotion should start by working on people representations

30

## Five key messages



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

31

## Five key messages for PETE



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

32



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## Images

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- S3 - <https://www.facebook.com/liegeville/mentions/>
- S3 - <https://www.nrb.be/fr/nos-clients/public-social/ville-de-liege>
- S4 - <http://delaunay-osteopathe-bordeaux.fr/quand-consulter/migraine-cephalee-maux-de-tete>
- S5 - [https://cdn.who.int/media/docs/librariesprovider2/regional-committee-meeting-reports/physical-activity-daily-life.pdf?sfvrsn=60774dd2\\_2&download=true](https://cdn.who.int/media/docs/librariesprovider2/regional-committee-meeting-reports/physical-activity-daily-life.pdf?sfvrsn=60774dd2_2&download=true)
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- S33 - <https://travel.tribunnews.com/2018/07/10/dari-arab-hingga-hawaii-inilah-cara-ucapkan-terima-kasih-dalam-14-bahasa-di-seluruh-dunia>