

筑波大学

University of Tsukuba

The influence of parental physical activity level and encouragement to participate on boys' and girls' motivation and actual participation in elementary physical education programs

「親の運動頻度や奨励が少年、少女の運動参加と参加意欲に与える影響」

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Points of Importance

Low MVPA = ↑ Hypokinetic disease (Olshansky et al, 2005)

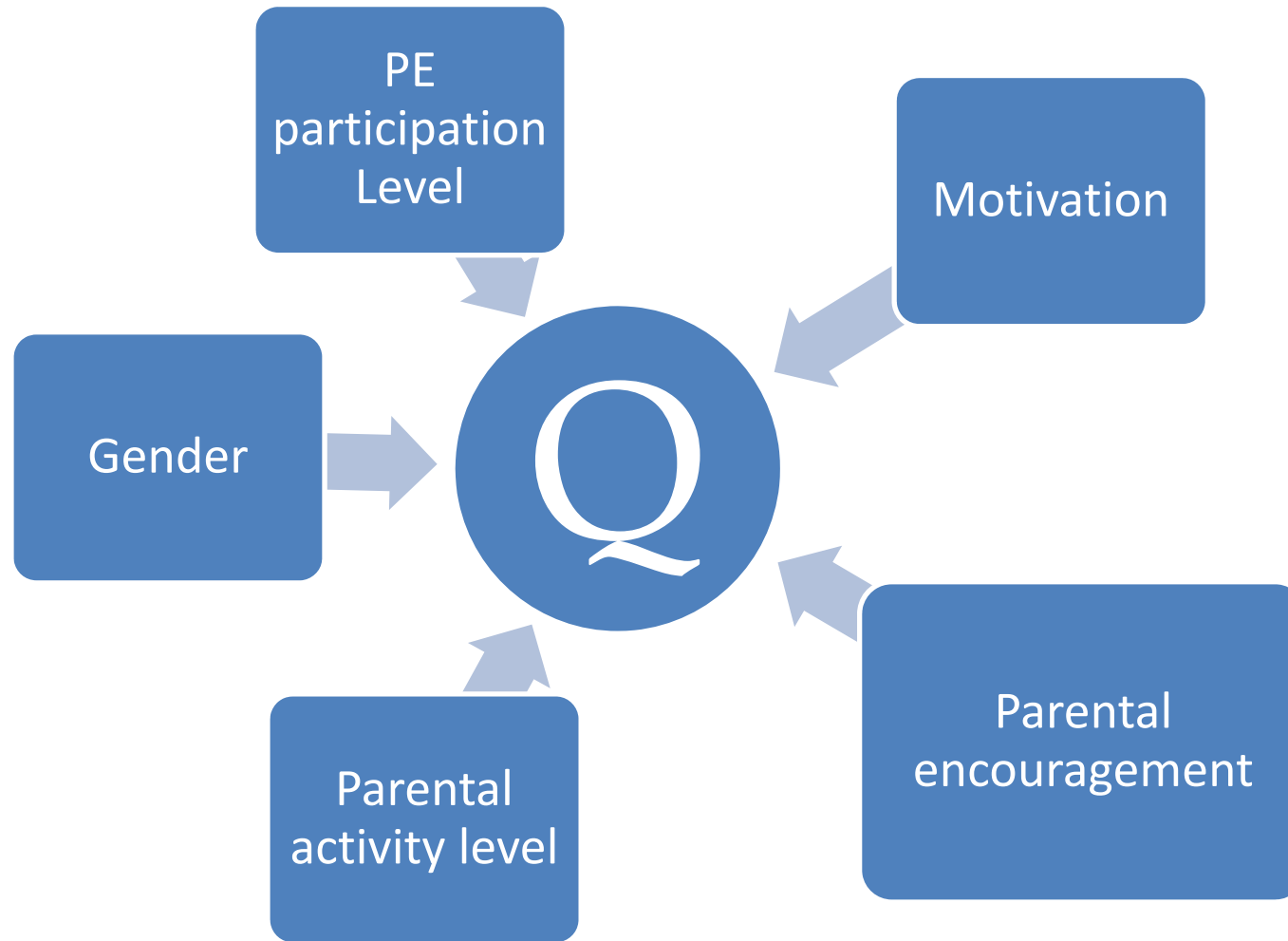
Parent's PA correlates with children's PA (Zecevic et al, 2010)

Partnership between parents and teachers in PE

Dearth in the literature (gendered role models in PE)

"The best predictor of future behavior is past behavior" - B.F. Skinner

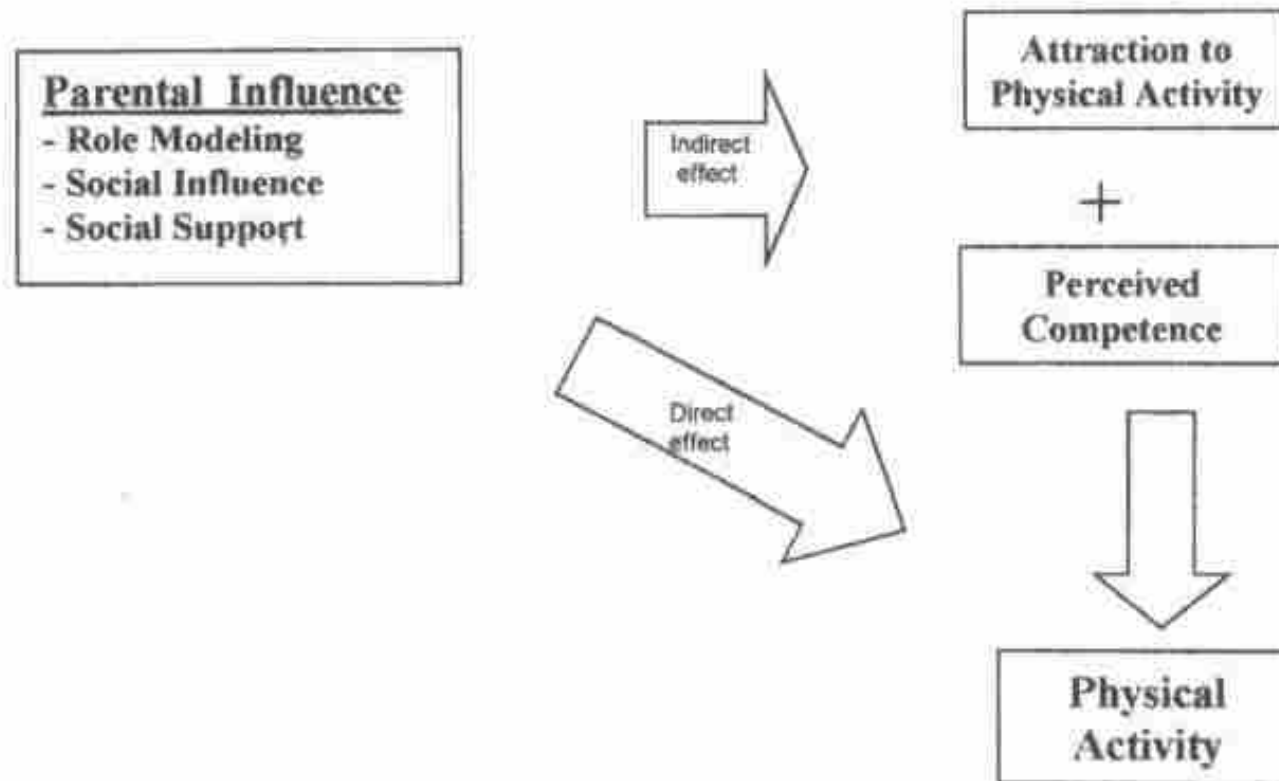
RQS



Questions

- RQ 1: What effect does the PA level of boys' and girls' gendered and non-gendered parental role models have on their motivation to participate in, and actual effort/activity level in, elementary PE class?
- RQ 2: What effect does encouragement to participate in PE classes from boys' and girls' gendered and non-gendered parental role models, have on their motivation to participate in, and actual effort/activity level in, elementary PE class?
- RQ 3: Is encouragement or PA level of parent more important for children's motivation to participate in, and actual effort activity in PE classes, and is this different for boys and girls?

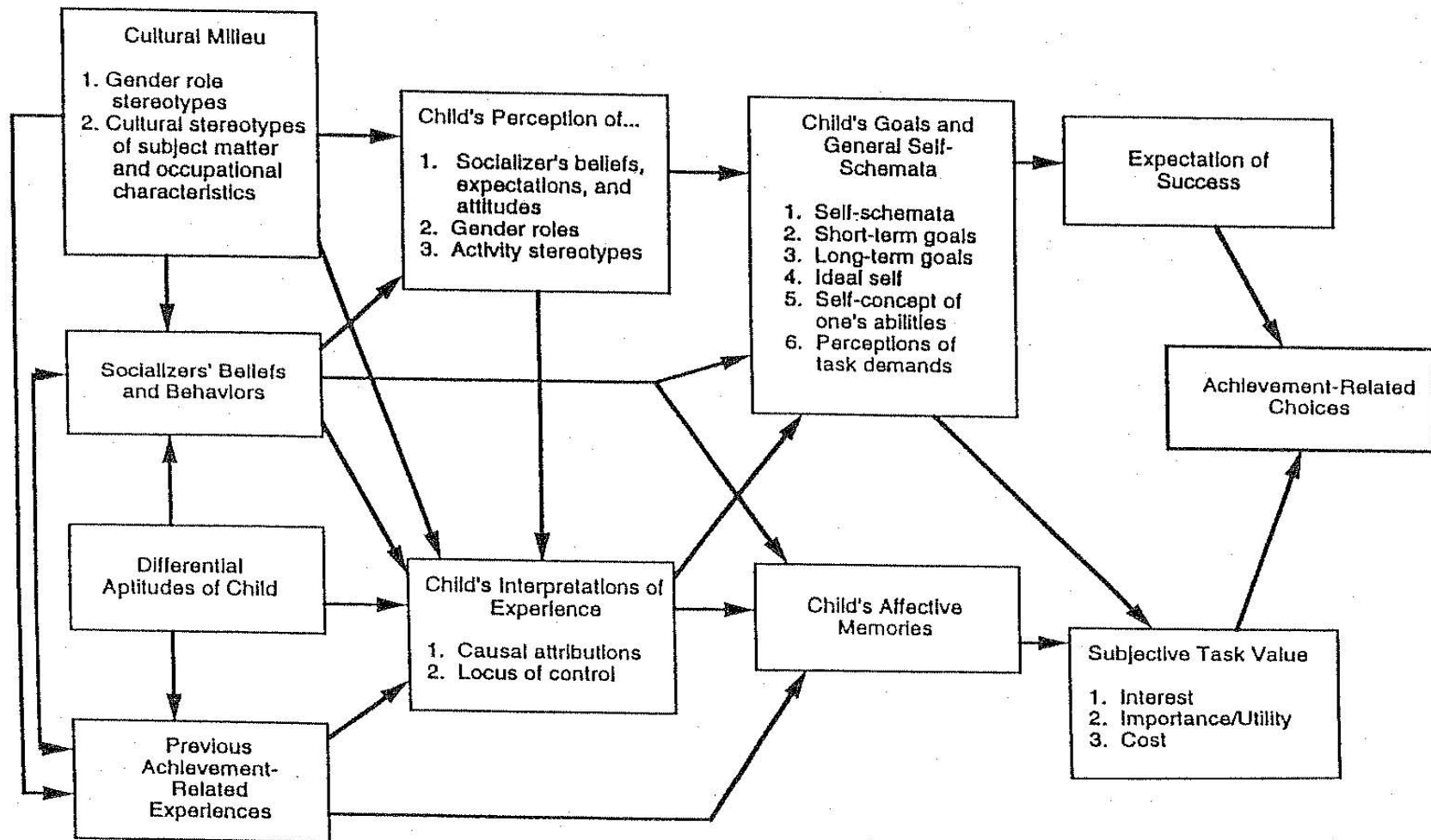
Conceptual model of parental influence on children's activity (Welk et al, 2003)



Expectancy-value model

Model of Achievement related choices

(Eccles et al., 1983)



Methods

SAMPLE

- Gatekeepers?
- 100 children from 2 third grade classes and 2 fourth grade classes
- Parents from the 4 classes (approx. 150)
- Classes come from randomly selected rural, urban and suburban schools within a large school district.

Methods

Quantitative Methods

Instrumentation:

Parent Measures

1.RQ 1: Physical Activity Recall Questionnaire (eg. CARDIA VI)

2.RQ 2: A behaviorally-based Likert scale to determine parent's perceptions of their encouragement towards their children

3.Demographic information

Methods

- CHILDREN
- To determine:
 1. RQ 1 and 2: Children's motivation to participate in PE
 2. RQ 1 and 2: Perception of parent's encouragement level



(2)



(1)



(0)

Methods

Pedometers and Accelerometers

- RQ 1 and RQ 2: To determine Children's actual activity levels during PE classes
- To determine RQ 3, statistical analysis will be used.
- Ethical issues?

Journals

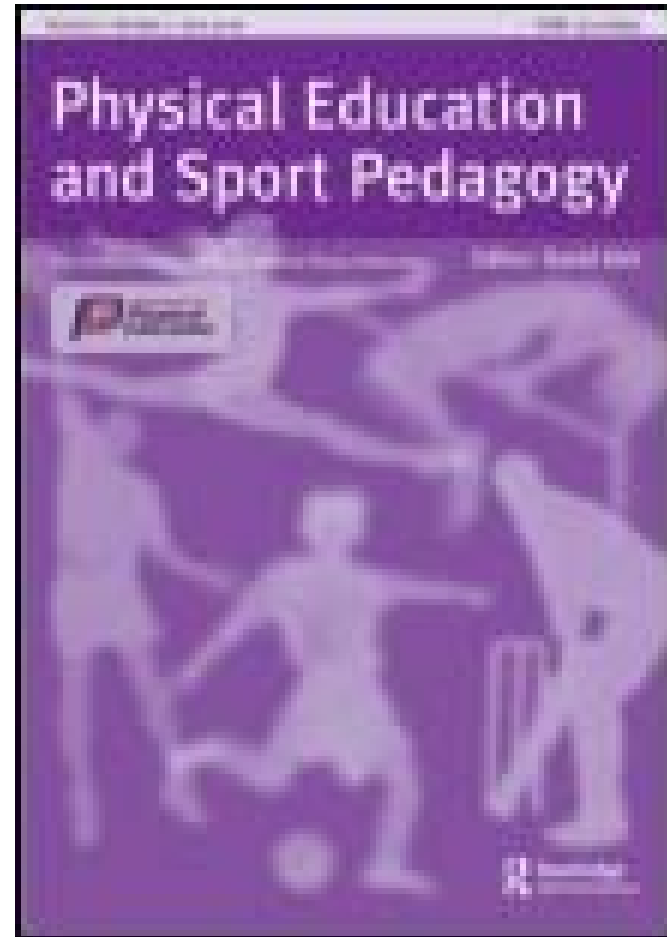
- **Research Quarterly for Exercise and Sport**

RQES publishes research in the art and science of human movement that significantly contributes to the knowledge and development of theory either as new information, reviews, substantiation or contradiction of previous findings, or as application of new or improved techniques..



Journals

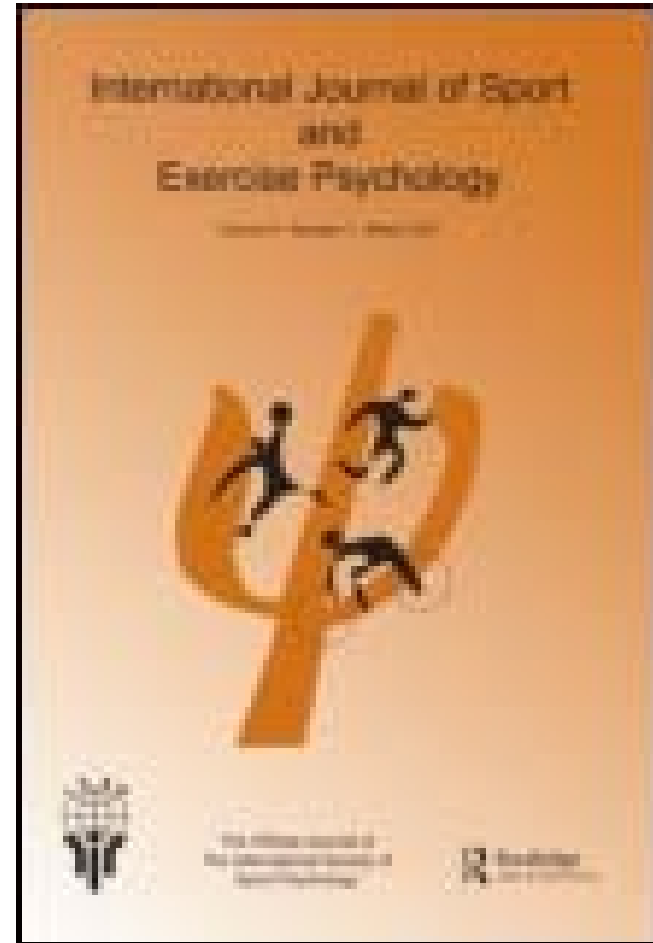
- **Physical Education and Sport Pedagogy**
provide a forum for high quality educational research for a national and international readership



Journals

- **International Journal of Sport and Exercise Psychology**

promote understanding of sport psychology research and practice around the world



Conferences

- **AAPHERD**

to promote and support leadership, research, education, and best practices in the professions that support creative, healthy, and active lifestyles.



*American Alliance for
Health, Physical Education,
Recreation and Dance*

Conferences

- **AIESEP**

to promote high quality research worldwide in the areas of physical education, physical activity and sport pedagogy across the lifespan.



Conferences

- **The Conference of the Japanese Society of PE, Health and Sport Sciences**

Presentation and exchange knowledge of research about health and sport sciences



ありがとう、Thank you、謝謝

Ali
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