

Preparing Students for Healthy, Active Lifestyles



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Agenda

Do-It-Yourself (D-I-Y) Analogy

Conceptual Physical Education Approach

Engaging students in personal program planning

Questions?

“You Can Do It. We Can Help.”

From D-I-Y companies:

Sunshine Ace and Home Depot (legal dispute)





Fitness, Health and Wellness is a
Lifelong Project!

Many environments don't support active, healthy living

Active, healthy living requires skills

Skills need to be practiced

Our window to support students' skills is finite

Does your physical and health education program support students' PA outside of physical and health education class?

Fitness, Health and Wellness is a Lifelong Project!

Start early when all students can get support

Physical literacy is much more than
fundamental movement skills

Higher-order physical literacy skills are specific, additional skills we need to maintain active, healthy lifestyles

Stairway to Lifetime Fitness

.....
Level of Independence

Lifetime fitness

Lifetime physical activity

.....
Level of Decision Making

Self-planning

Self-assessment of fitness and activity

.....
Level of Dependence

Getting fit

Doing activity and exercise

Self-Management Skills

Skills that help you begin to change



Skills that help you make changes



Skills that help you maintain change



Healthy lifestyles

Freedom from illness and debilitating conditions

Total health

Wellness (quality of life)

Physical fitness

Le Masurier, Corbin, Baker & Byl, 2017

Skills to help you **begin change**

- ✓ Self-assessment
- ✓ Building knowledge
- ✓ Finding social support

Skills to help you **make changes**

- ✓ Setting goals
- ✓ Choosing good activities
- ✓ Finding social support

Skills to help you **maintain change**

- ✓ Self-monitoring
- ✓ Time management
- ✓ Overcoming barriers
- ✓ **Finding social support**

Self-management skills

- ✓ self-assessment
- ✓ goal setting
- ✓ choosing good activities
- ✓ time-management
- ✓ self-monitoring
- ✓ **finding social support**
- ✓ overcoming barriers
- ✓ reducing risk factors
- ✓ building confidence

Determinants of physical activity and interventions in youth

1. Youth physical activity promotion programs should focus on teaching activity and behavioral skills that promote generalization and maintenance of physical activity during youth and enhance the probability of carryover to adulthood.
2. A comprehensive approach to promoting physical activity in youth would have school physical education as a primary component, but it would also include community organizations, families, health care settings, the media, and other appropriate channels.
3. School physical education curricula that promote lifetime physical activity in age-appropriate ways from pre-kindergarten through college should be developed, evaluated, and disseminated.
4. Teachers and teachers-in-training need education and support in the use of physical education curricula that promote lifetime physical activity.
5. A clearinghouse should be established of existing curricula, programs, and other materials related to the promotion of lifetime physical activity.
6. Public programs related to youth physical activity, such as parks and recreation departments, should focus their efforts on poor and minority youth regarding both programs and facilities.

Sallis et al., 1992

Correlates of Physical Activity Among U.S. Young Adults, 18 to 30 Years of Age

Dowda et al., 2003

Correlates of MVPA for both men and women were:

Education (+)

Marital Status (-)

Weight Loss behavior (+)

Social Support Index (+)

Determinants of PA and Interventions in Adults

King et al., 1992

complex and multifaceted

many approaches

no one-size fits all

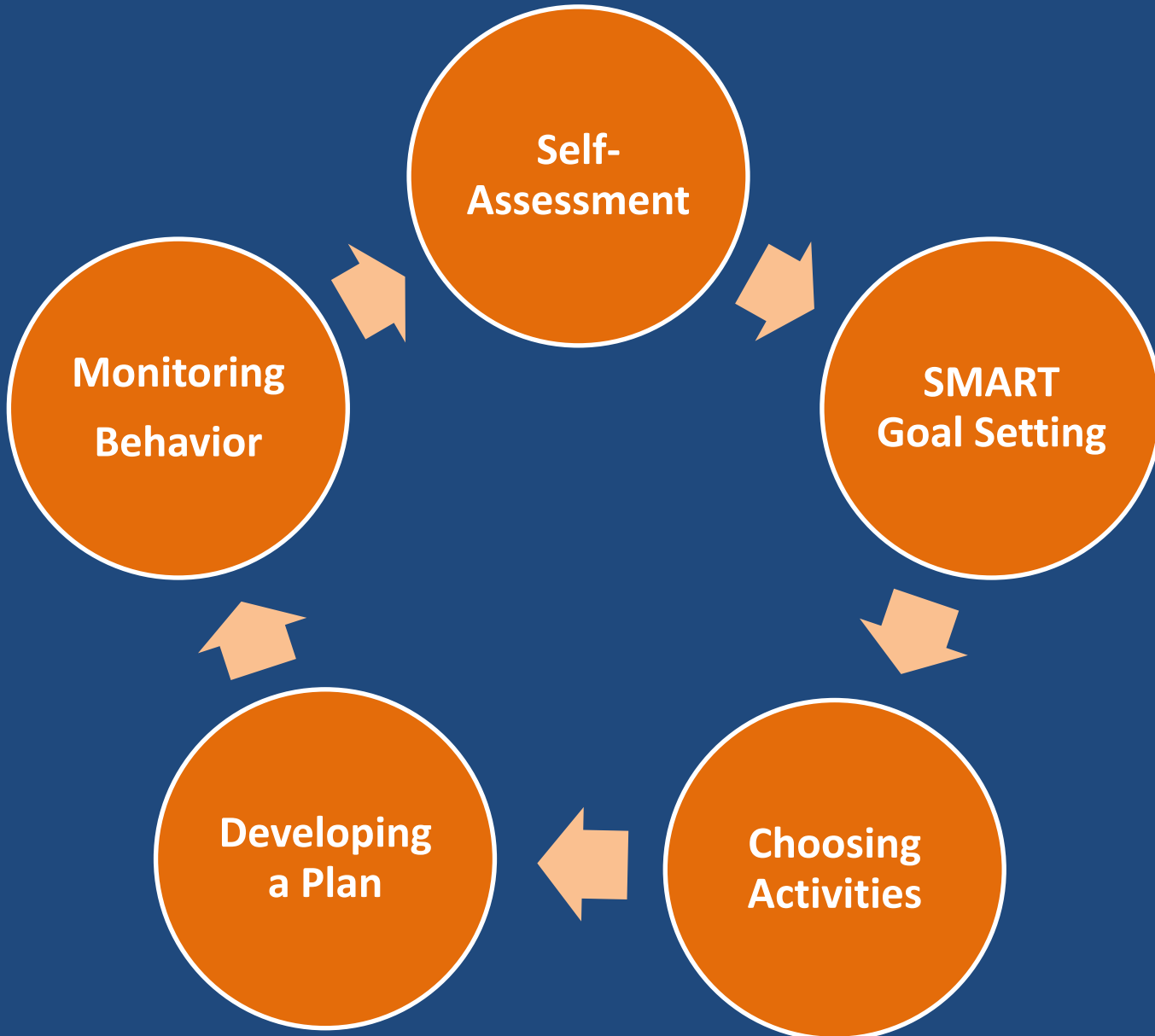
Factors Affecting Levels of PA in Adults

Seefeldt, Malina & Clark, 2002

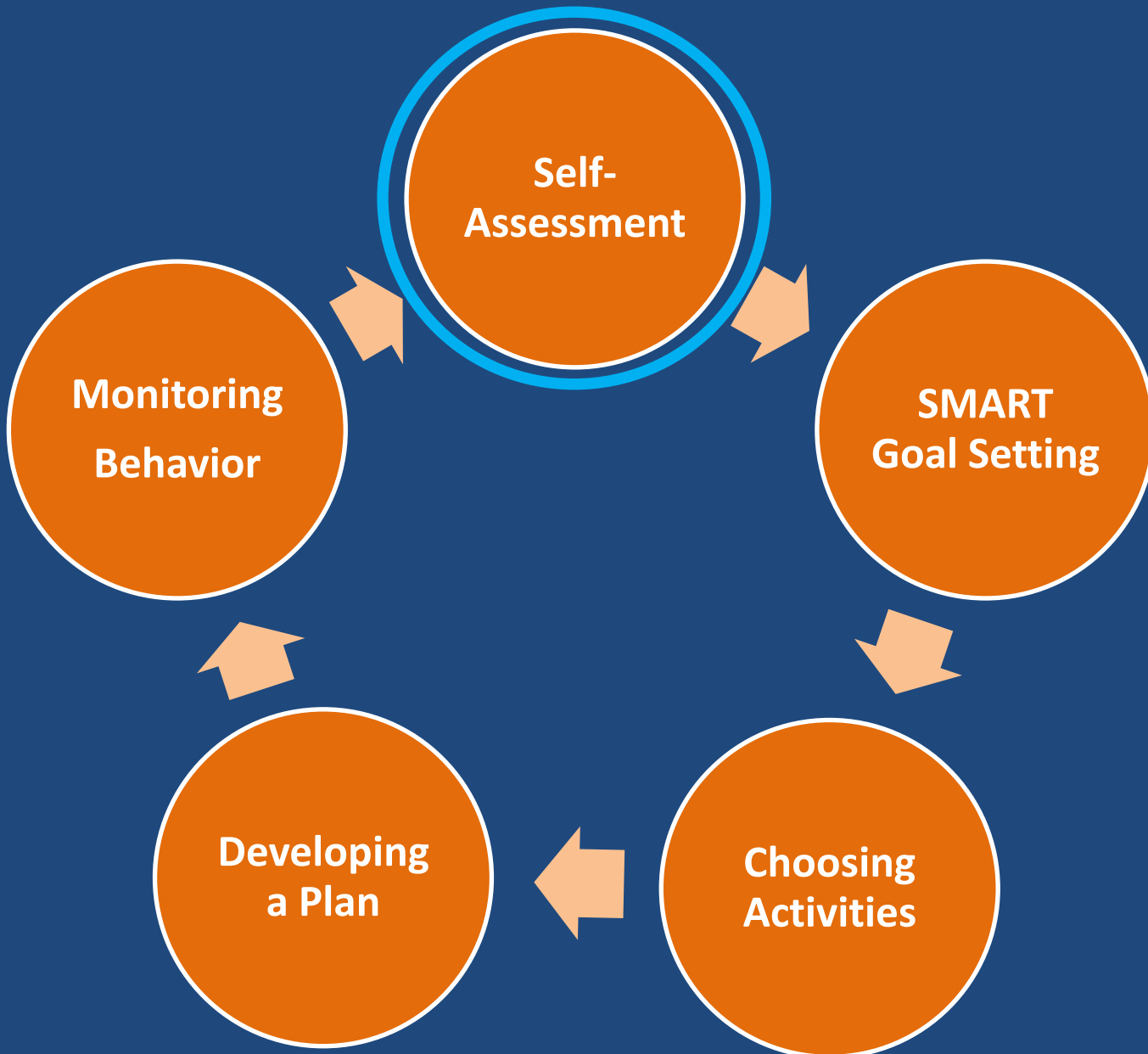
“Successful interventions tailor programmes to individual needs, account for personal levels of fitness, allow for personal control of the activity and its outcomes, and provide for **social support** by family, peers and communities.”

Engaging students in personal program planning

Personal Program Planning



Personal Program Planning



Self-Assessment



fitday.com

Stages of Change



Sedentary
I'm inactive,
and I plan to
stay that way.



Inactive thinker
I'm inactive, but
I'm thinking about
becoming active.



Planner
I'm taking steps to
start to be active.



Activator
I'm active, but
not yet as active
as I should be.



Active exerciser
I'm regularly active
and have been for
some time!

Le Masurier, Corbin, Baker & Byl, 2017

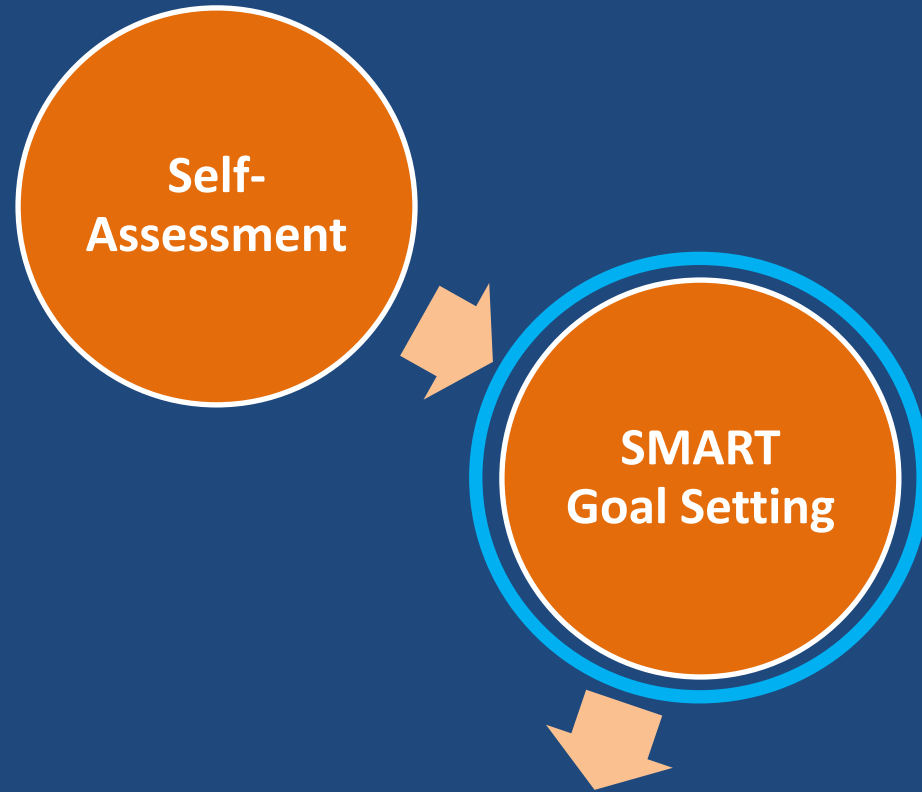
Self-assessments

- ✓ health-related fitness
- ✓ physical activity
- ✓ diet
- ✓ sleep
- ✓ **social support**
- ✓ social media/cell phone
- ✓ self-talk
- ✓ substance use

Self-Assessment



Personal Program Planning



Goal Setting



SMART

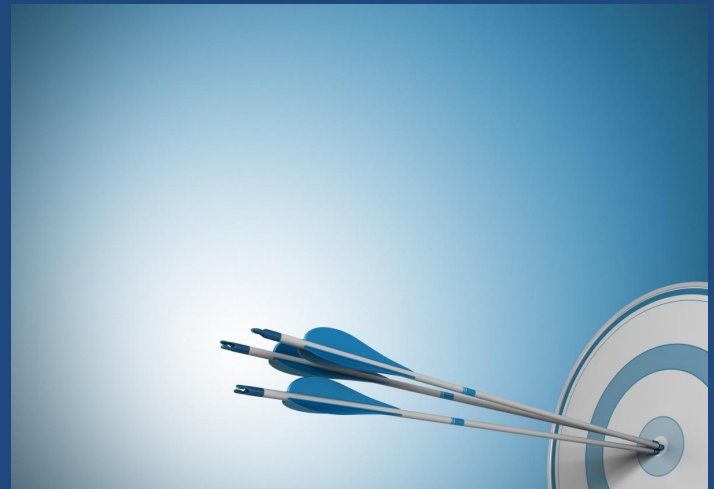
Process or product

Short- and long-term

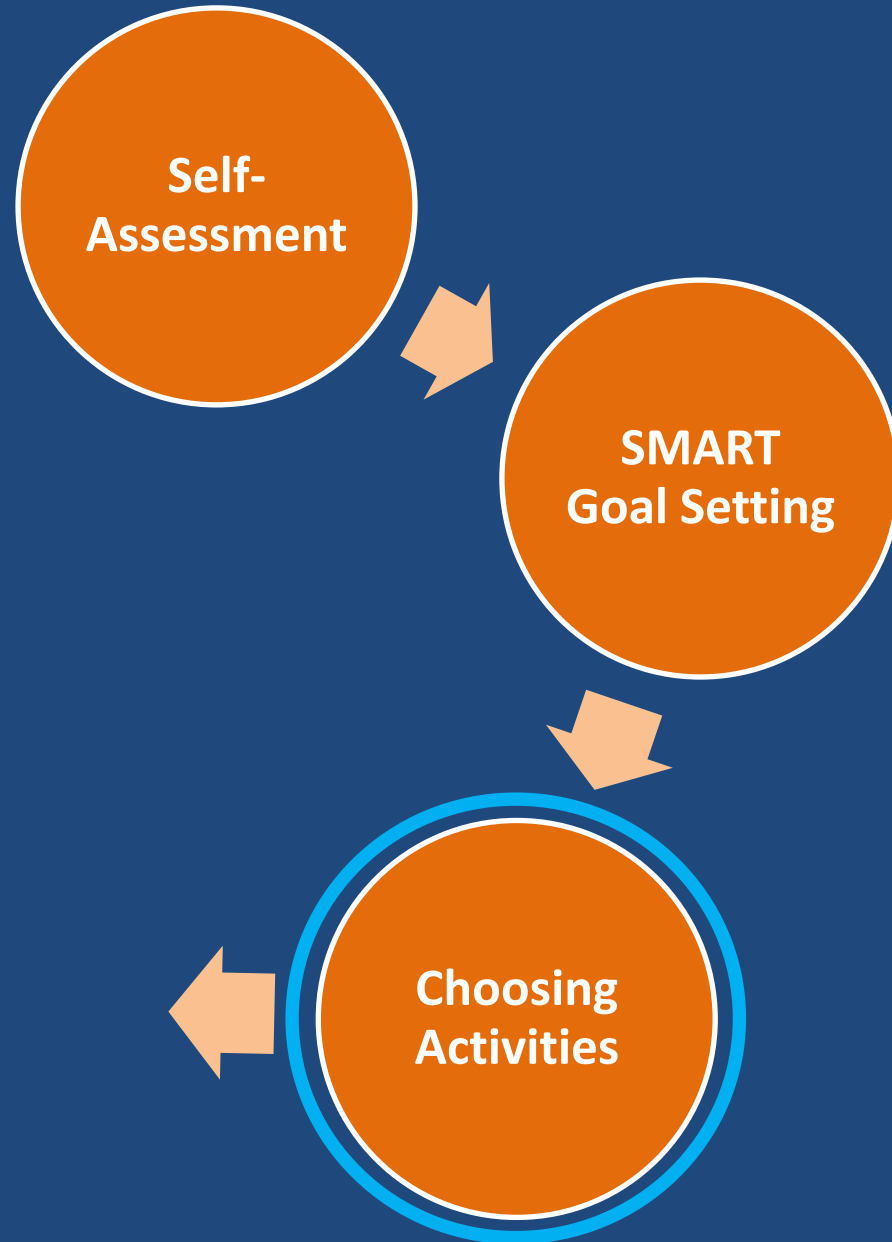
Goal setting

helps adolescents & young adults make change in
PA and fruit & vegetable consumption

Shilts et al. 2009; O'Donnell et al., 2014



Personal Program Planning



Choosing Activities



Attitudes

Physical skills

Environment

Choosing Activities



Students
engaged in
community

Google Images



Google images

Community Connections

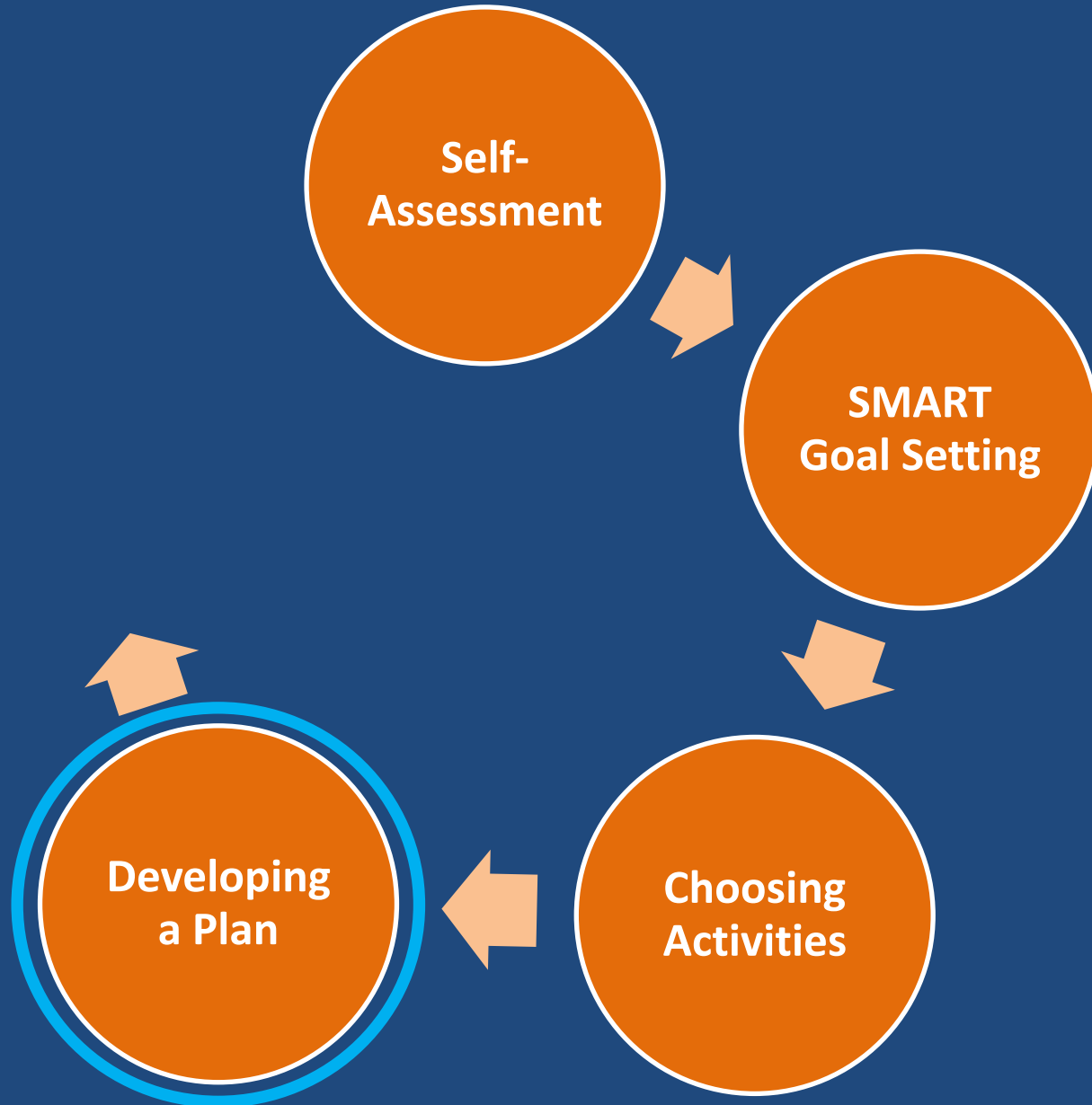
Lambdin & Erwin, 2007

Youth into communities

Communities into school

Open schools to communities

Personal Program Planning



Develop a Plan

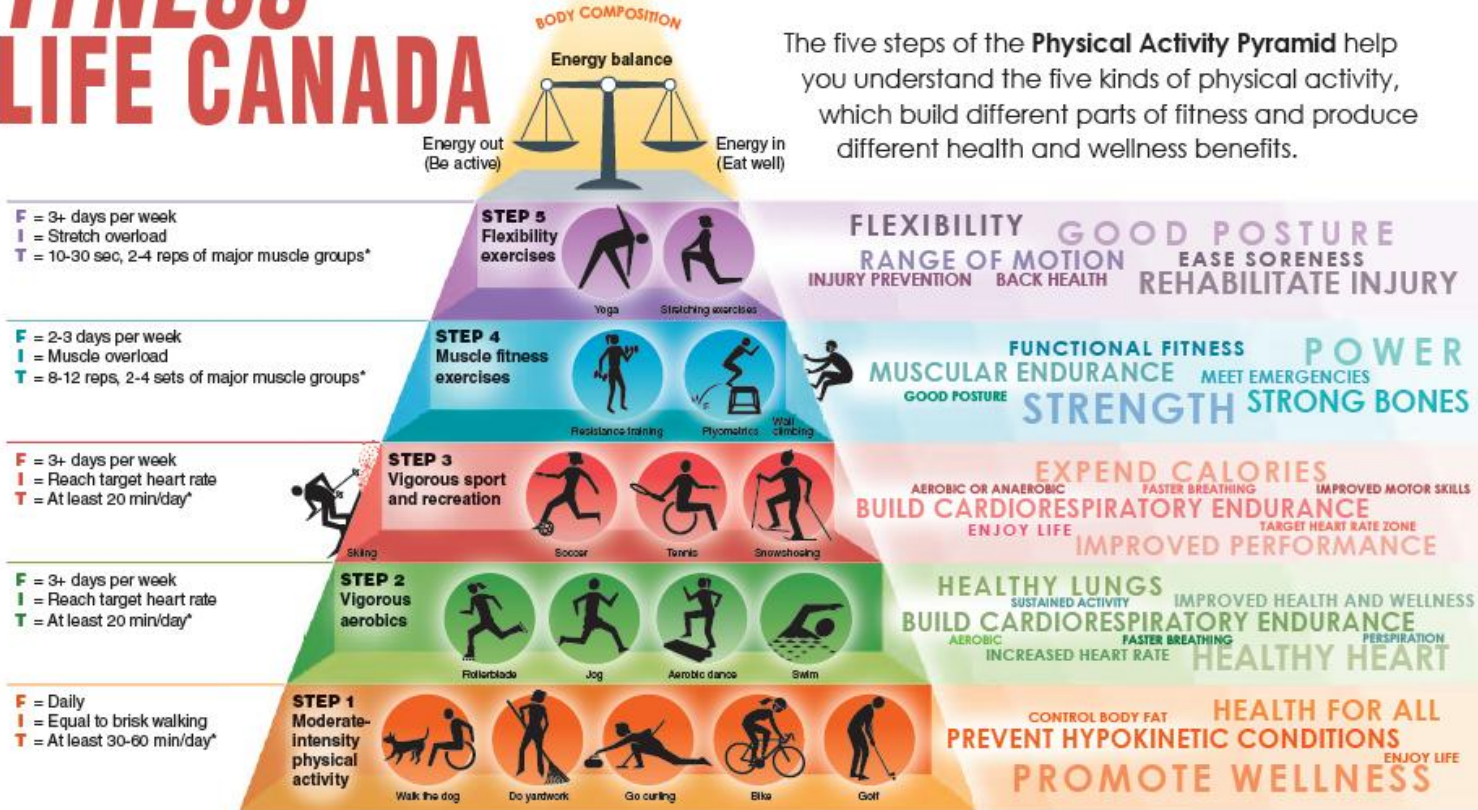


HRF Knowledge
Training principles
FITT formulae

FITNESS PHYSICAL ACTIVITY PYRAMID FOR TEENS

FOR LIFE CANADA

The five steps of the **Physical Activity Pyramid** help you understand the five kinds of physical activity, which build different parts of fitness and produce different health and wellness benefits.



F = 3+ days per week
I = Stretch overload
T = 10-30 sec, 2-4 reps of major muscle groups*

F = 2-3 days per week
I = Muscle overload
T = 8-12 reps, 2-4 sets of major muscle groups*

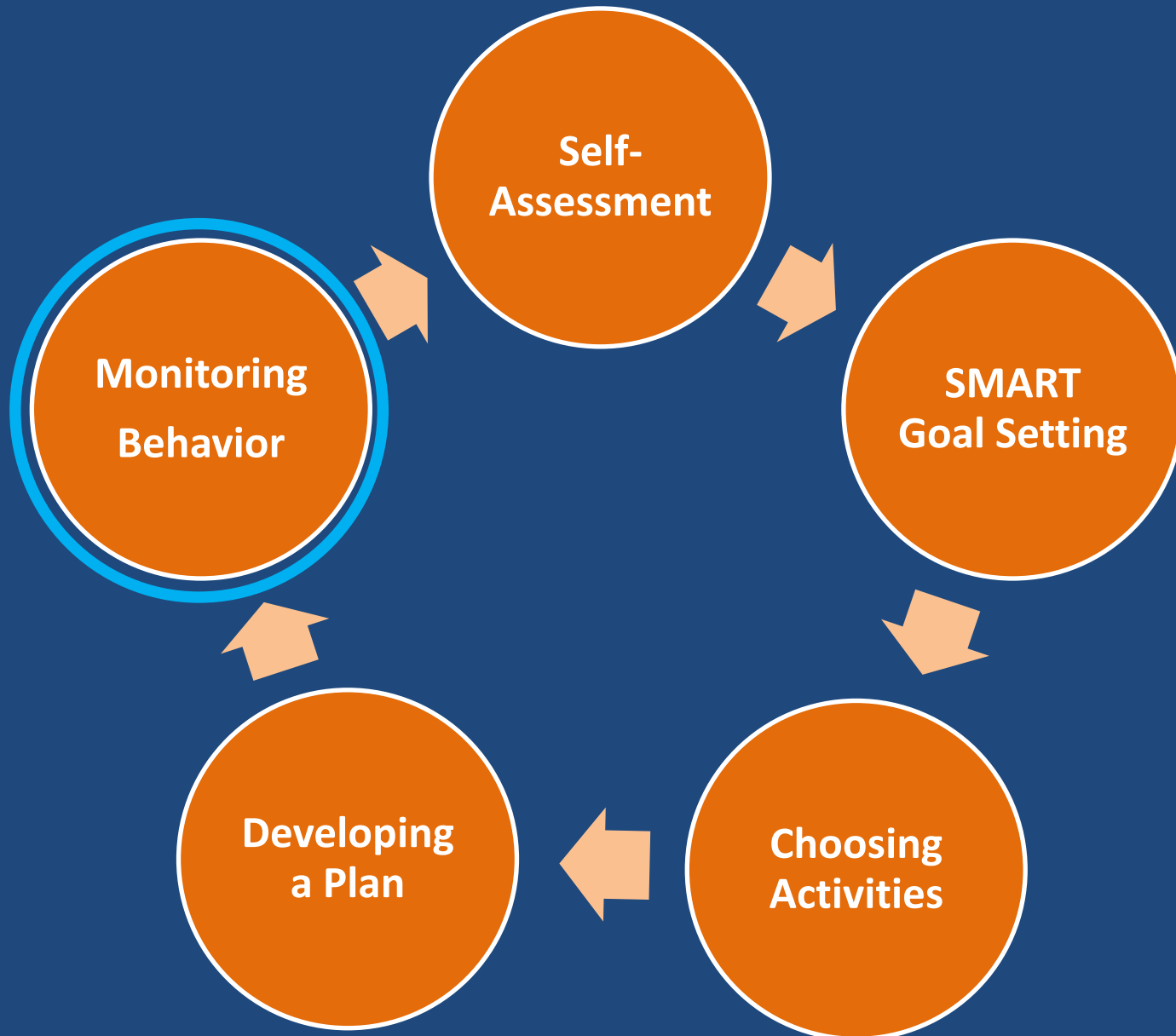
F = 3+ days per week
I = Reach target heart rate
T = At least 20 min/day*

F = 3+ days per week
I = Reach target heart rate
T = At least 20 min/day*

F = Daily
I = Equal to brisk walking
T = At least 30-60 min/day*

 
Avoid inactivity

Personal Program Planning



Monitoring Behavior

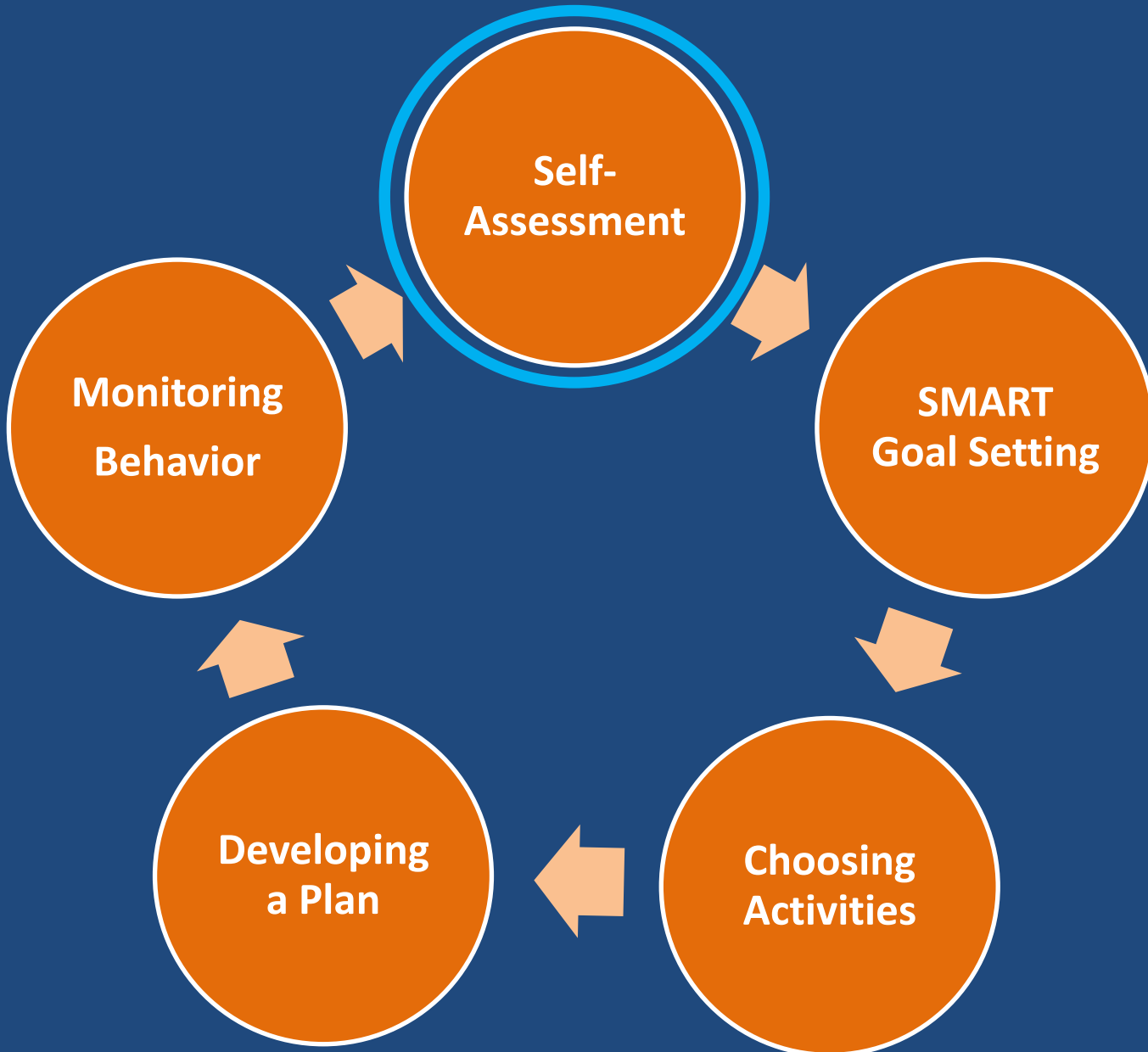


Logging activity

Reflections

Blogs and Vlogs

Personal Program Planning



Personal Program Planning



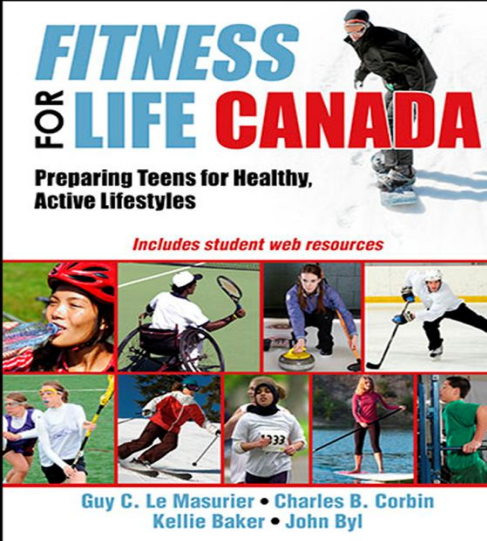
Personal Program Planning



Creates
Connections

Personal Program Planning





High School Resources

Fitness for Life High School free [student web resources](#)

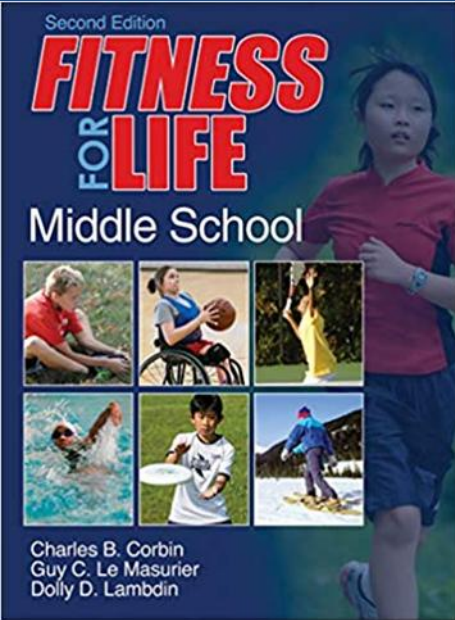
Developing Physical Literacy in Secondary Physical Education (3-part, 40min video series) [click here](#)

Fitness for Life Content and Supporting Resources ([Guy Le Masurier Webinar](#))

Short Reading

Extra! Extra! Read All About the SHIFT in High School Physical Education

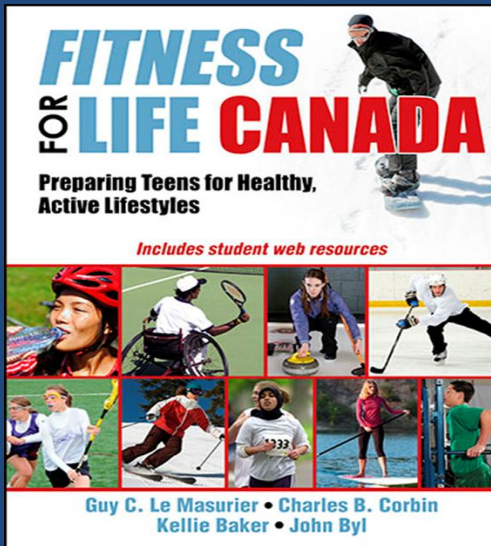
Viewpoint in JOPERD, Feb 2019 by
Guy Le Masurier



Middle School Resources

Fitness for Life Middle School free [student web resources](#)

Advancing Physical Literacy in Middle School ([Chuck Corbin Webinar](#))



One **essential component** of a quality physical and health education program with **unique objectives**