



Getting and Keeping Children Engaged in Physical Activity

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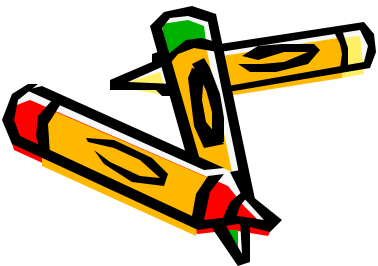


What is “Physical Activity?”



- Bodily movement that is produced by the contraction of skeletal muscle and substantially increases energy expenditure.

(Corbin & Pangrazi, 2000)



Moderate Physical Activity for Children

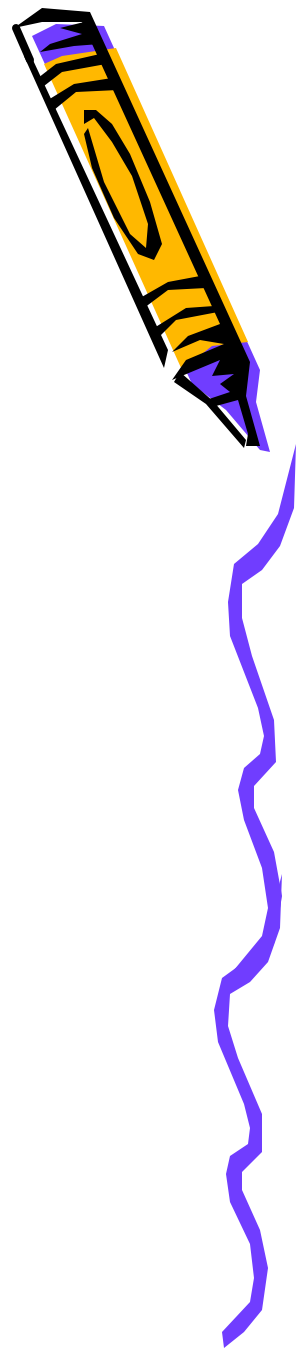


- An activity of equal intensity to brisk walking.
- Activities of moderate intensity can be performed for relatively long periods of time without fatigue.

(Corbin & Pangrazi, 2000; NASPE, 2004)



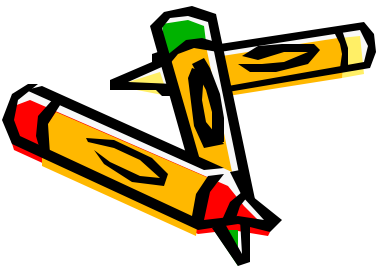
Moderate Physical Activity for Children



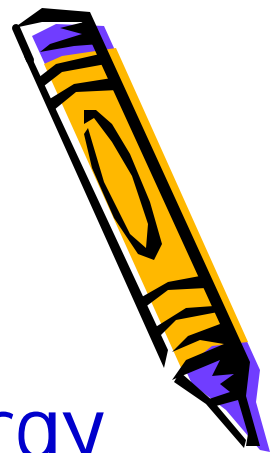
- Low intensity games
- Low activity positions
- Chores, yard work

Examples: walking, bike riding

(NASPE, 2004)



Vigorous Physical Activity for Children

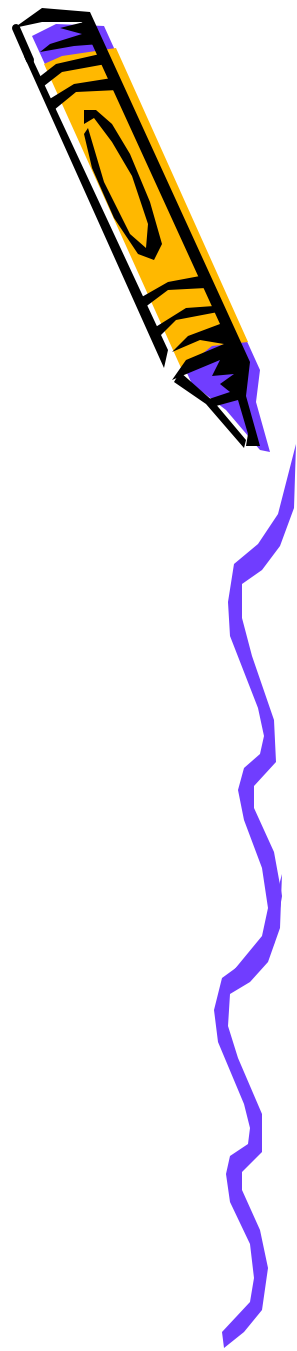


- Movement that expends more energy or is performed at a higher intensity than brisk walking, causes sweating and hard breathing.
- Some forms of VPA can be done for relatively long periods of time, while others may be so vigorous that frequent rests are needed.

(Corbin & Pangrazi, 2000; NASPE, 2004; USDHHS, 1996)



Vigorous Physical Activity for Children



- Active games involving running, chasing, etc.
- Playing sports actively
- Examples: jogging, basketball
(NASPE, 2004)



Benefits of Physical Activity for Children

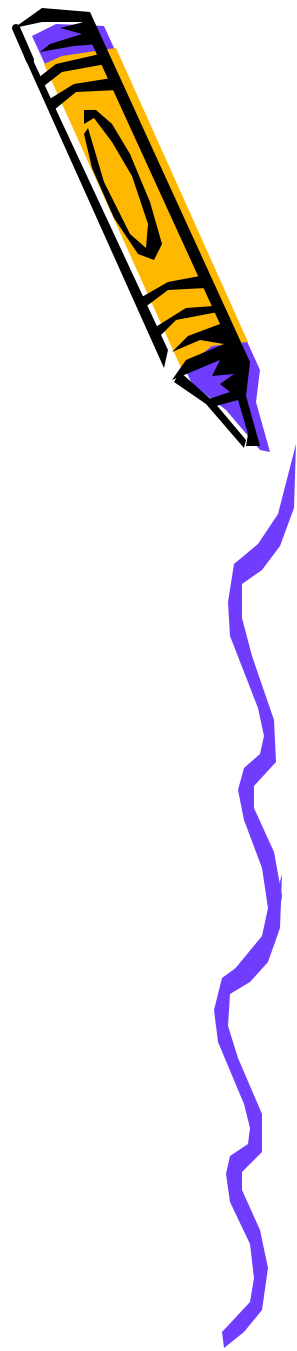


- Increased life expectancy
- Decreased risk of cardiovascular disease
- Reduced risk of diabetes and some kinds of cancer
- Raised HDL ("good") cholesterol

(AHA, 2004; CDC, 2003; KidSource, 2000; Physical Activity, 1996)



Benefits of Physical Activity for Children



- Weight management
- Reduction of blood pressure
- Increase in bone density

(AHA, 2004; CDC, 2003; KidSource, 2000;
Physical Activity, 1996)



Benefits of Physical Activity for Children

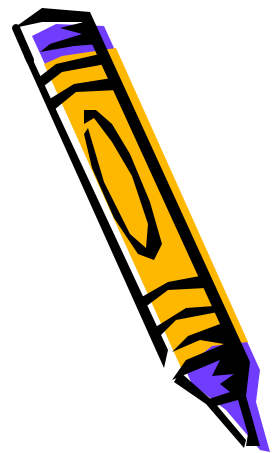


- Improved psychological well being, improved self confidence and higher self esteem
- Increased physical activity in later life

(AHA, 2004; CDC, 2003; KidSource, 2000; Physical Activity, 1996)



How Active Are Children?



For children 9-13 years of age:

- 61.5% do not participate in organized physical activity outside of school
- 22.6% do not engage in any free-time physical activity

(CDC, 2003)



How Active Are Children?



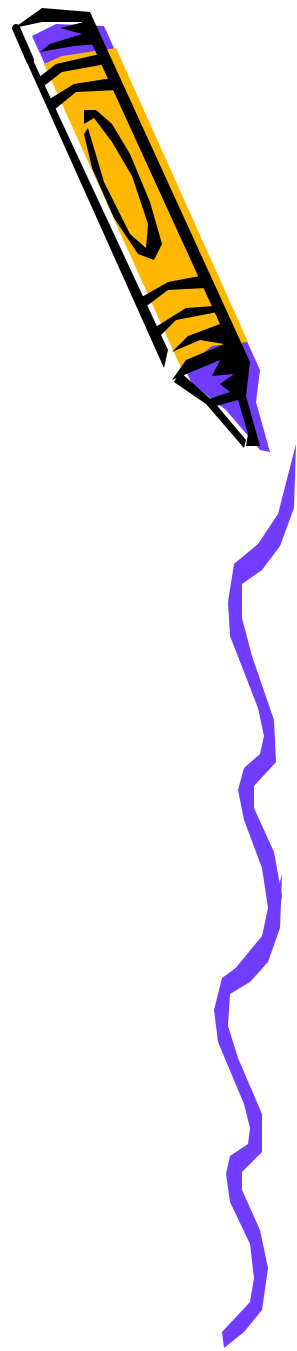
For children 9-13 years of age:

- Most common organized sports: baseball/softball, soccer, basketball
- Most common free time activities: riding bicycles, basketball (also, walking, running, games, football)

(CDC, 2003)



How Active Are Children?



- Physical activity levels decline as children reach adolescence

(CDC, 2003)



How Active Are Children?



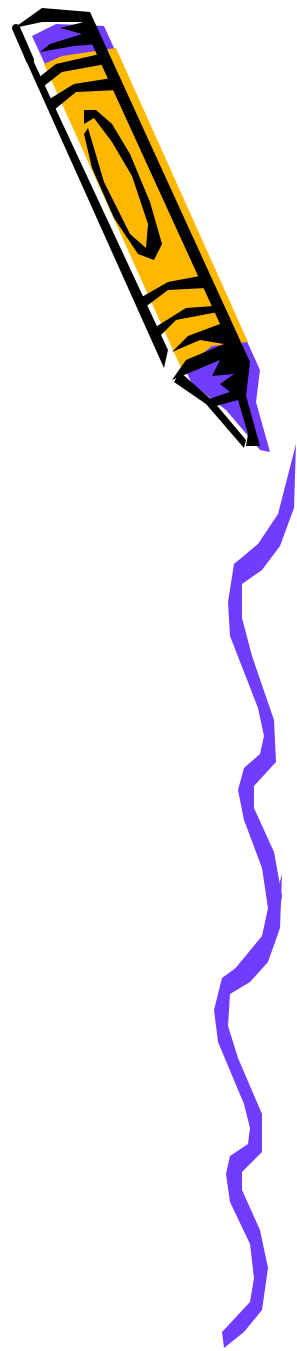
For 12-21 year olds:

- 14% of young people report NO recent physical activity
- Inactivity is higher for females
- Nearly half of young people are not vigorously active on a regular basis

(USDHHS, 1996)



How Active Are Children?



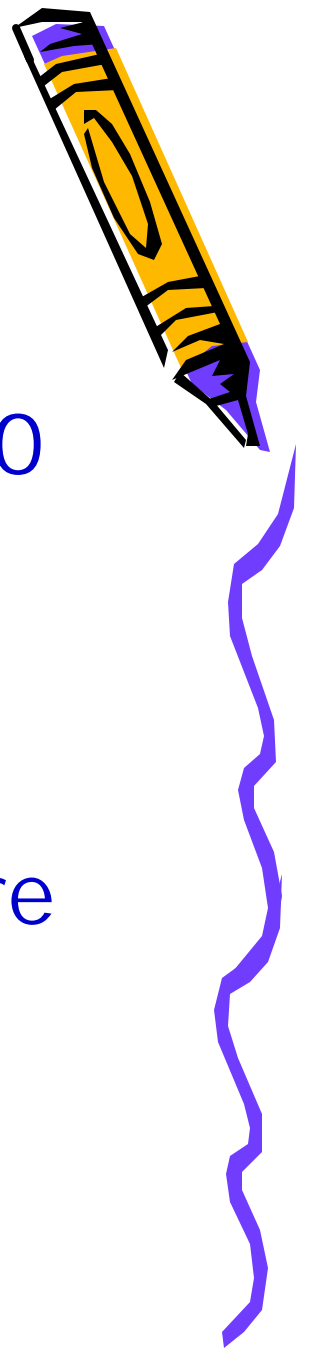
For 12-21 year olds:

- One fourth have no VPA
- 10% have no MPA or VPA
- VPA declines with age

(USDHHS, 1996)

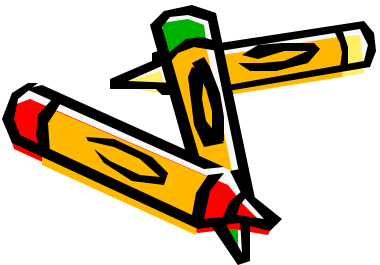


How Active Are Children?



- The average child spends 3.5 to 4.0 hours per day watching television
- Over the past 30 years, the % of overweight children (6-11) has more than doubled

(CDC, 1996)



How Active Are Children?



- The number of physical education classes are decreasing
- Time spent moderately to vigorously active in physical education is decreasing

(Healthy People, 1995; USDHHS, 1996)



How Active Are Children?



- Some research suggests children are more active at recess than in physical education class (Sarkin et al., 1997)
- The average child in a 30 minute physical education class is vigorously active only 2 minutes (Parcel et al., 1987)



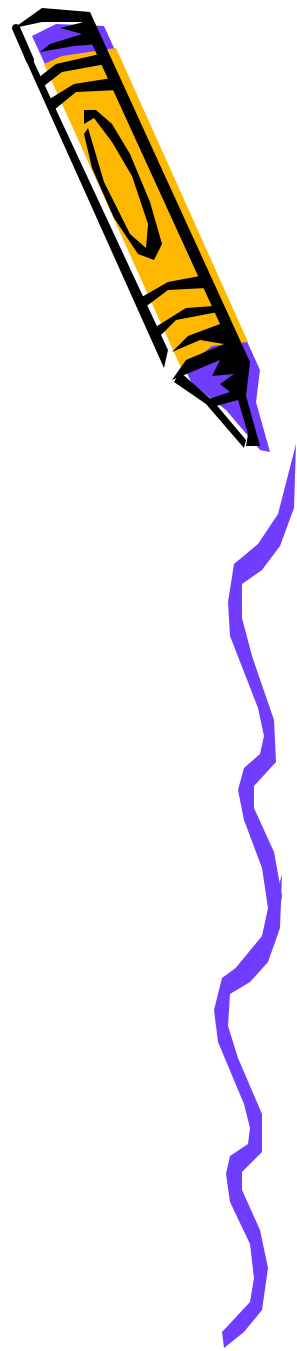
How Active Are Children?



- Children are engaged in MVPA 36-37% of class time (McKenzie et al., 1995; NICHD, 2003)
- Middle school students spend 48% of lesson time in MVPA (McKenzie et al., 2000)



Obstacles for Children's Physical Activity



For parents:

- Transportation
- Lack of opportunities
- Expense
- Safety

(CDC, 2003; Welk, 1999)



Obstacles for Children's Physical Activity



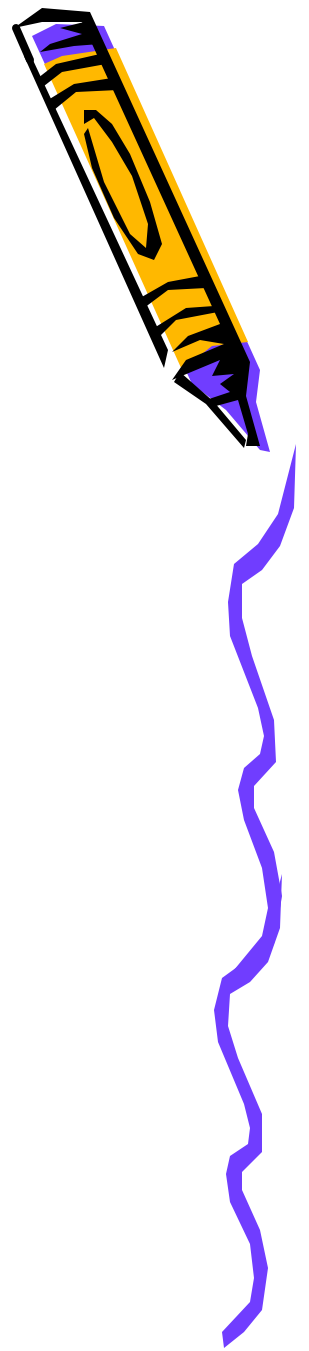
For parents:

- Lack of time
- Assume physical education is enough
- Acceptance of sedentary habits

(CDC, 2003; Silva, 2001, Welk, 1999)



Obstacles for Children's Physical Activity



For children and youth:

- Lack of fun
- Lack of opportunity
- Lack of time



Parents' and Children's Physical Activity



- Parents who are physically active are more likely to have physically active children (Freedson & Evenson, 1991; Raudsepp & Viira, 2000; Wold & Anderson, 1992)
- One physically active parent influences a child's habits (Rossow & Rice, 1994; Sallis et al., 1988; Shropshire & Carroll, 1997; Yang et al., 1996)



Parents' and Children's Physical Activity



- Parents with positive attitudes towards physical activity are more likely to have children who are active or who have positive attitudes

(Kimićek & Horn, 1998)

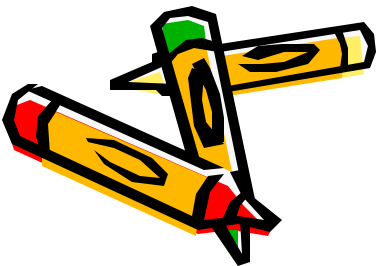


Parents' and Children's Physical Activity



- Children's beliefs or attraction to fitness activity are related to their perceptions of their parents' beliefs or encouragement about exercise

(Brustad, 1993; Kimiecek et al., 1996)

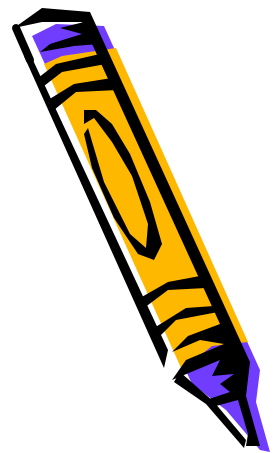


General Concepts for Promoting Children's Physical Activity

- Make it age or developmentally appropriate
 - Optimal to growth and development, contributes to the development of physically active lifestyles
- Make it fun
 - The balance between "challenge" and "ability"



Physical Activity Guidelines for Children



For children age 5-12:

- Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity all/most days per week. This should include MPA and VPA, and be intermittent in nature.

(NASPE, 2004)



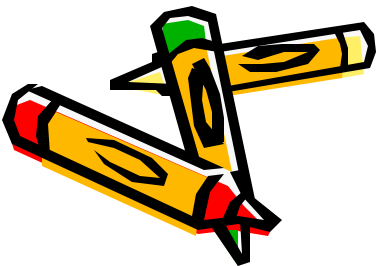
Physical Activity Guidelines for Children



For children age 5-12:

- Children should participate in several bouts of physical activity lasting 15 minutes or more each day (e.g., recess, physical education class, play periods, sport practices).

(NASPE, 2004)



Physical Activity Guidelines for Children



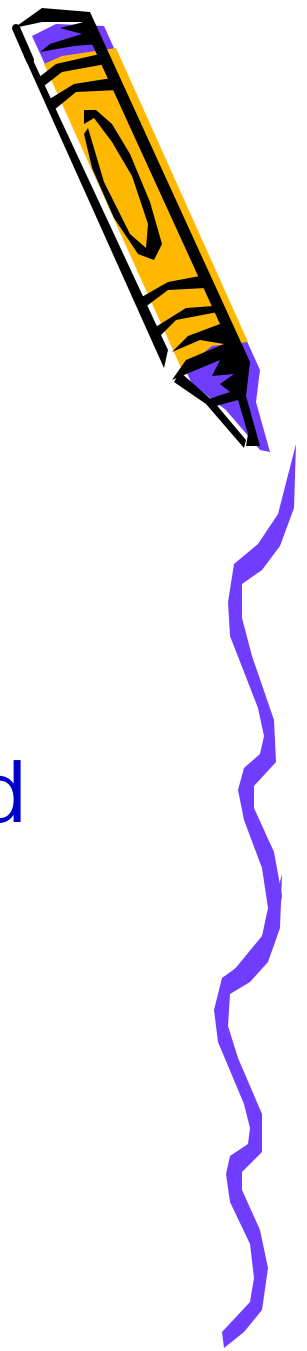
For children age 5-12:

- Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits.

(NASPE, 2004)



Physical Activity Guidelines for Children



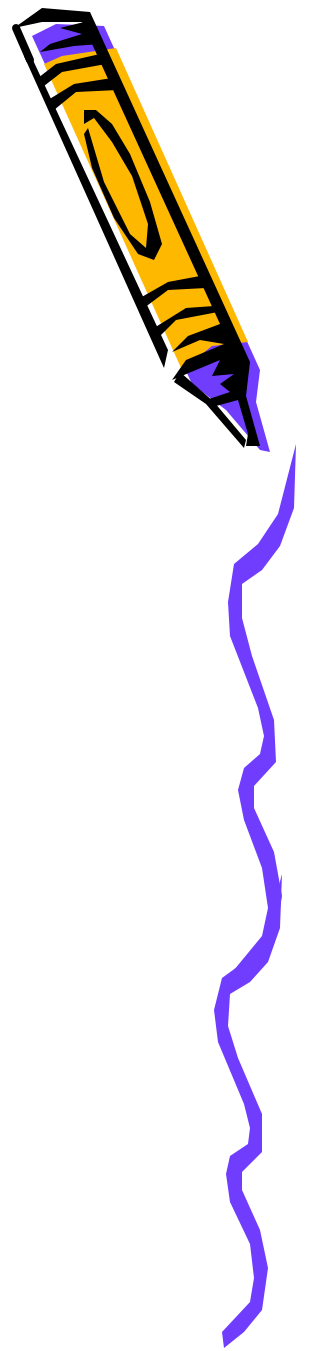
For children age 5-12:

- Extended periods (of 2 hours or more) of inactivity are discouraged for children, especially during the daytime hours.

(NASPE, 2004)

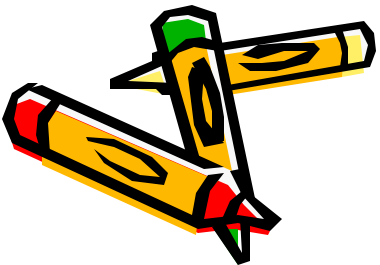


Getting and Keeping Children Active

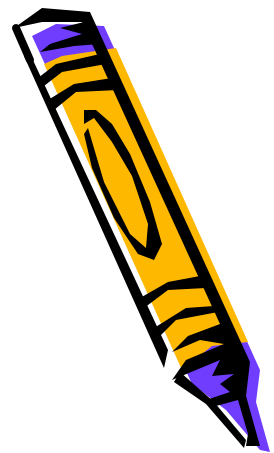


- Paradigm Shift

Physical activity is a **NECESSITY**,
not a luxury



Getting and Keeping Children Active



What can schools do?

- Quality Physical Education (NASPE, 2004)
 - 30-50 minutes of instructional time
 - Qualified physical education specialists
 - Adequate facilities and equipment
 - A variety of physical activity experiences for all students

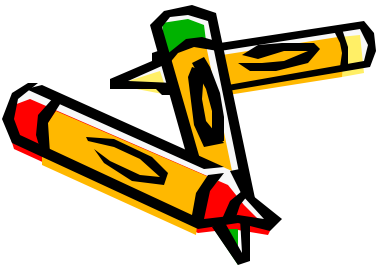


Getting and Keeping Children Active



What can schools do?

- Quality Physical Education (NASPE, 2004)
 - Maximum opportunities to be physically active
 - Opportunities to practice at varied skills levels
 - Ways to assess motor skills and fitness based on individualized goals



Getting and Keeping Children Active

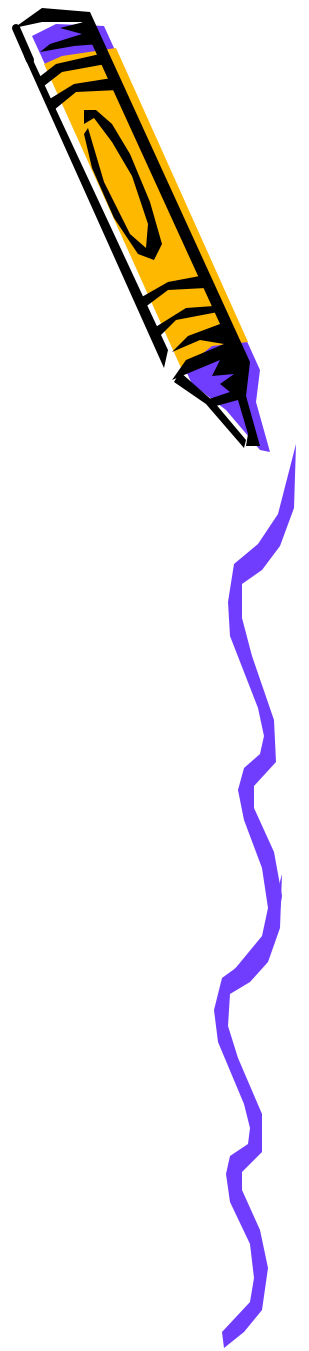


What can schools do?

- Quality Physical Education (NASPE, 2004)
 - Homework activities
 - A positive, supportive and cooperative learning environment
 - Children become competent, skillful movers



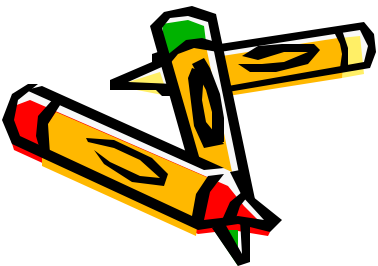
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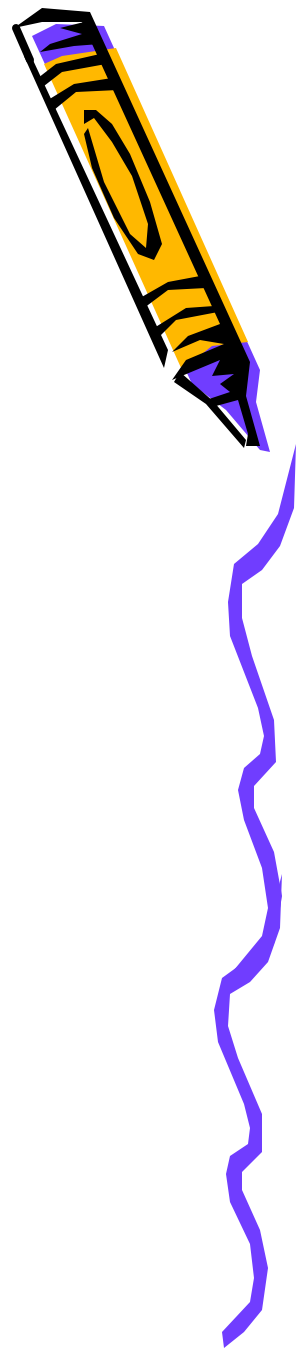
What can schools do?

- Provide extracurricular activity programs
- Coordinate physical activities with community agencies
- Encourage and enable parent involvement in physical activity

(KidSource, 2000)



Getting and Keeping Children Active



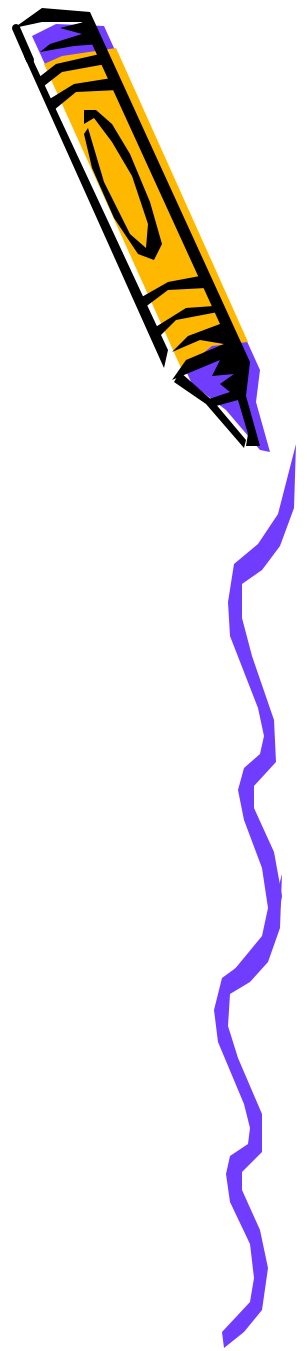
What can schools do?

- Provide physical and social environments that encourage and enable physical activity
- Promote collaboration between physical educators and classroom teachers

(KidSource, 2000)



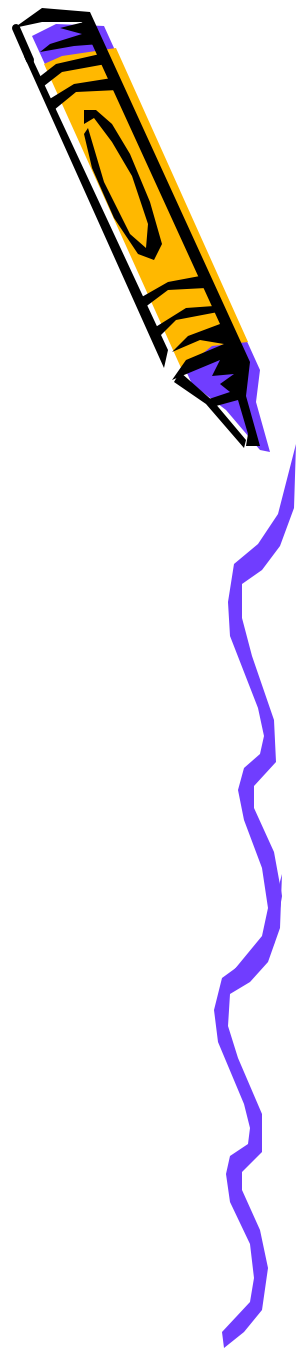
School Programs That Promote Physical Activity



- "Proud to Move" (NASPE)
- "Be an Action Hero" (NASPE)
- "ACES" (NASPE)
- "Healthy Children Learn Better"
- Integration of Health and Fitness



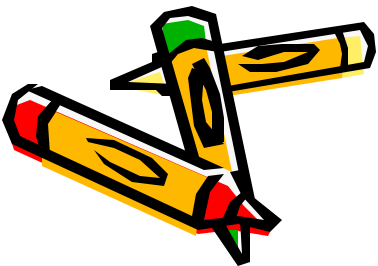
Getting and Keeping Children Active



What can parents do?

- Be a role model
 - Value physical activity
 - Be physically active

(AHA, 2004; NASPE, 2004; Silva, 2001)



Getting and Keeping Children Active



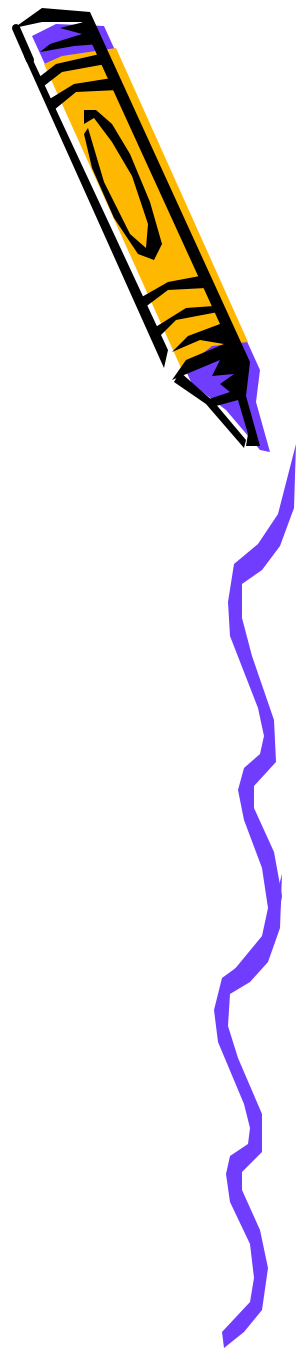
What can parents do?

- Encourage
 - Be positive
 - Build confidence and competence
 - Encourage involvement in school activities
 - Involve everyone

(AHA, 2004; NASPE, 2004; Silva, 2001)



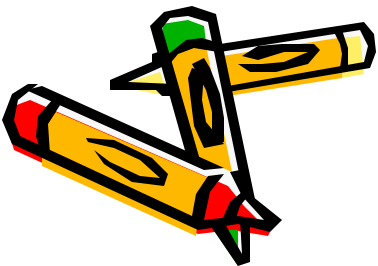
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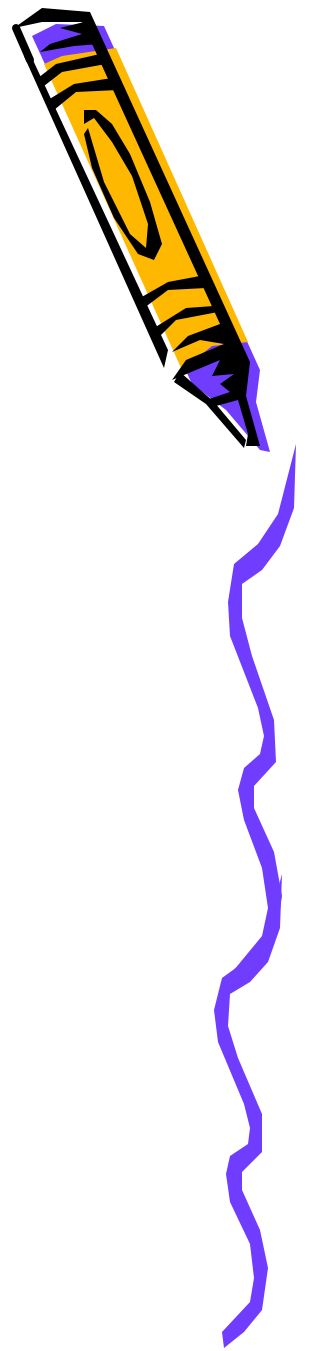
What can parents do?

- Provide opportunities
 - Transportation
 - Equipment (action gifts, etc.)
 - Memberships
 - Practice and play
 - Family activities

(AHA, 2004; NASPE, 2004; Silva, 2001)



Getting and Keeping Children Active



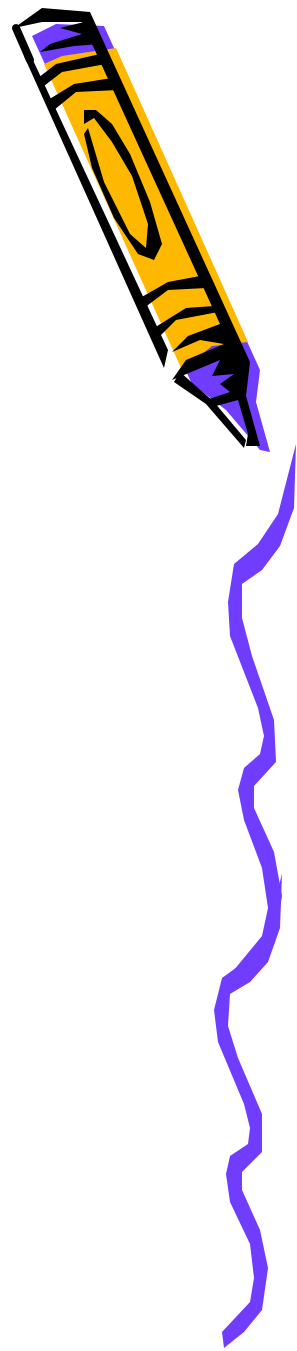
What can parents do?

- Limit sedentary time
 - Limit television, computer time
 - Discourage sedentism

(AHA, 2004; NASPE, 2004; Silva, 2001)



Getting and Keeping Children Active



What can parents do?

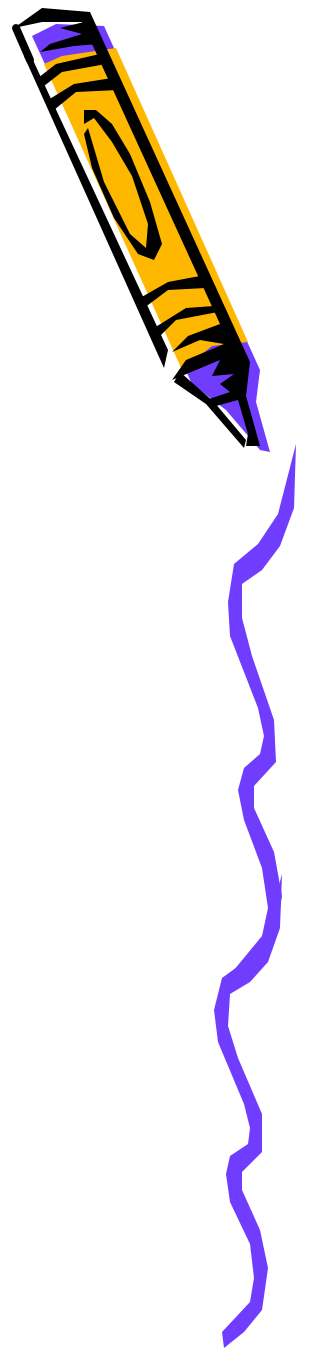
“VERB – It’s What You Do” (CDC)

<http://www.verbnow.com>

<http://www.verbparents.com>

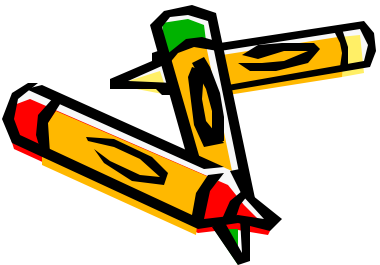


Getting and Keeping Children Active



What can EVERYONE do?

- MAKE IT DEVELOPMENTALLY APPROPRIATE!
- MAKE IT FUN!



Getting and Keeping Children Engaged in Physical Activity

The children are waiting!!

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