Children’s Physical Activity

Unit 1 Lecture III Foundations of HR Fitness:

Lesson Goal & Objectives

Lesson Goal: To summarize the key findings from the Physical Activity for Children: A Statement of Guidelines (NASPE, 1998).

Lesson Objectives: Following the completion of this lecture the student will be able to discuss:
- key concepts relating physical activity to children.
- NASPE Guidelines for children’s physical activity.
- the levels of the Lifestyle Physical Activity Pyramid.
- Guidelines for promoting physical activity in physical education.

Lesson Advanced Organizer

- Key Concepts in Children’s Physical Activity
- Guidelines for Children’s Activity & Lifestyle Activity Pyramid
- Guidelines for School-based PE
- Lesson Preview

Health Benefits for Children and Adolescents

“Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States” (USDHHS, 1996).

“Much less evidence is available regarding the effects of an active lifestyle during childhood and adolescence on adult health” (Bar-Or, 1999).
- Lack of longitudinal research
- Ethical considerations
- Methodological limitations

Carryover to Adult Life

Blair, Clark, & Cureton (1989) theorized that there are three avenues by which enhanced PA levels during childhood & adolescence might improve adult health:
- Childhood activity improves child health, which eventually benefits adult health.
- An active lifestyle during childhood has a direct benefit to health in later years.
- An active child becomes an active adult, who has a reduced risk for disease than a sedentary adult.

Key Concepts Relating to Physical Activity for Children

- Child Characteristics:
  - Inherently active
  - Short attention spans
  - Concrete thinkers
  - PA/Fitness link
  - Carryover into adulthood
  - Need for self-efficacy
  - Learned behaviors

- Task Characteristics:
  - Intermittently active
  - Medium for learning
  - Skills for adult leisure
  - Intensity concerns
  - Family involvement
Guidelines for School Physical Education

- Provide time for physical activity in the school setting
- Individualize activities
- Expose youngsters to a variety of physical activities
- Emphasize process, not product
- Continue skill instruction
- Be an active role model

Lesson Preview

- Unit 1 Study Guide Questions DUE
- Unit 1 Test
  - The Unit 1 test will consist of various objective and short answer questions that are based on lectures 1-3 and the assigned course readings. You will be given the entire class period to complete the test.