

## Physical Literacy of French High School Students (15-19 years old): Creation of a Measurement Tool

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## Introduction

- ♦ Global alert on lack of physical activity (PA) among young people (1)
- ♦ "Physical Literacy" as an innovative and relevant educational action to integrate PA into lifestyles.
- ◆ Links between level of Physical Literacy and PA levels and sedentary behaviours (SB) for 8-12 years old childrens (2)
- ♦ « the motivation, confidence, physical competence, knowledge and understanding to value and take responsability for engaging in physical activity for life » (3)

## Objective

Create a tool to measure objective level of Physical Literacy

- ♦ Integration of all the domains of the concept: Physical Cognitive Psychological Social (4)
- ♦ Focus on french adolescents and young adults (15-19 years old)



Physical Literacy tests		Age			Physical measurement		Psychological measurement	Social measurement	Population
<b>CAPL-2</b> (5)	8 9 10 11 12	13 14	15 16	17 18 19	Objective	Objective	Subjective		Canadian
CAPL-789 (6)		13 14	15 16	17 18 19	Objective	Objective	Subjective	X	Canadian
PPLI (7)		13 14	15 16	17 18	Subjective	Subjective	Subjective	Subjective	Chinese
Our proposal	<7     8     9     10     11     12	13 14	15 16	17 18 19	Objective	Objective	Subjective	Subjective	French

<b>1ethods</b>		Movement competencies (Land)	Development of a course		
		Aquatic competencies	"Can you swim?" (8)		
Selection of the most relevant	Physical domain	Cycling competencies	Development of a cycling course		
validated tests		Cardiac respiratory capacity	Cooper's 6 minutes run (9)		
Construction of tests anchored in the originality of the concept		Strength	Standing Broad Jump (10)		
		Benefits of PA and risks of SB			
au $ au$ $ au$		Recommendations	Development of a survey		
Validation of every test independently		Training knowledge			
(validity; reliability; sensitivity)		Principles of sports efficiency			
Relation to PA level (IPAQ survey)		Sports culture			
		Representations of effort and pleasure in PA	Development of a survey		
Selection of tests and integration into the global tool	Psychological domain	Motivation	BREQ-2 (11)		
Exploratory and confirmatory	1 Sychological admin	Self-esteem	PSPP (12)		
analyses to decrease the number of items		Emotional Competence	PEC (13)		
		Beliefs	CNAAQ 2 (14)		
Yalidation of the global tool	Social domain	Social competencies	SSIS (15)		

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