

## ARTICLE REVIEWED

### Generalization of Participation in Fitness Activities From Physical Education to Lunch Recess by Gender and Skill Level

Iserbyt, P., van der Mars, H., Drijvers, H., & Seghers, J. (2022). Generalization of participation in fitness activities from physical education to lunch recess by gender and skill level. *Journal of Teaching in Physical Education*, 1(aop), 1-10.

#### THE PROBLEM:

Physical education (PE) alone is not enough to develop physically active lifestyles for students. In the United States, this may be due to PE being taught only one time per week in elementary. Additionally, some states only require one PE credit in high school, and too few students are enrolling in elective PE courses (Merlo et al., 2020). Thus, for schools to reach more students, they must provide opportunities for students to be active outside of PE. One common approach to this is the Comprehensive School Physical Activity Program (CSPAP), which incorporates physical activity before and after school, during school (i.e. recess or classroom breaks).



#### Research Summary:

The purpose of this study was to examine the impact of generalization of students' participation in fitness activities from PE to recess programs. The participants of this study were 153 students (74 females) who had just completed primary school. They participated in a 12-lesson Sport Education model on fitness in PE with an additional six lessons of fitness during recess. PE teachers ( $N=5$ ) were provided professional development on the Sport Education model and taught each lesson at their respective schools. PE teachers were asked to determine the skill level of students, either lower, average, or higher skilled.

#### Conclusion:

The authors found that students' participation levels were higher before and during the sport education fitness unit than after. Specifically, researchers noticed the largest dropout rate at the conclusion of the sport education unit in PE. This may be due to students viewing the culminating event (a key feature of the Sport Education model) as an extrinsic motivator. Therefore, when the culminating event concluded their motivation dissipated.

#### Key Takeaway:

In this paper, the authors explored students' participation in fitness activities in PE and recess and found no differences between gender and skill level. However, future studies should investigate what motivates students to participate in physical activity, and specifically, factors that contribute to students' behavior change.

#### ADDITIONAL RESOURCES:

Merlo, C.L., Jones, S.E., Michael, S.L., Chen, T.J., Sliwa, S.A., Lee, S.H., Brener, N.D., Lee, S.M., & Park, S. (2020). Dietary and physical activity behaviors among high school students—Youth risk behavior survey, United States, 2019. *Morbidity and Mortality Weekly Report*, 2020, 69(Suppl. 1), 64–76. <https://doi.org/10.15585/mmwr.su6901a8>