

## ARTICLE REVIEWED

### *Two Pathways Underlying the Effects of Physical Education on Out-of-School Physical Activity*

Wang, Y., & Chen, A. (2020). Two pathways underlying the effects of physical education on out-of-school physical activity. *Research Quarterly for Exercise and Sport*, 91(2), 197-208.

#### THE PROBLEM:

The purpose of physical education is to educate students to be physically active for life. This implies that students will be active both in and out of class. It is thought that this is promoted by activities and skills learned in K-12 physical education.

However, it is difficult to know the impact that PE has on students' physical activity after school without measuring it. Therefore, this study was designed to measure what is called the "PE effect," or PE's impact on students' physical activity out of class.



#### Research Summary:

In this study, 394 eighth grade students from 30 PE classes and five schools took a series of questionnaires. The results found that the average student was physically active for more than one hour per day outside of class and students who possessed more knowledge about physical activity and fitness had more autonomous motivation for physical activity, thus indicating that students with more knowledge of PA are more likely to participate in physical activity out of class.

#### Conclusion:

The purpose of this study was to measure the "PE effect" and in doing so, the authors found that PE does have an influence on students' physical activity. Students who had more autonomous motivation for PE also had more autonomous motivation for physical activity. This means that physical educators should try to build autonomy in students through PE and in turn, this may increase students' autonomy for both PE and physical activity out of class.

#### Key Takeaway:

The "PE effect" is influential on how students spend their time outside of class. Since students who are more knowledgeable of physical activity and fitness have higher autonomous motivation for physical activity, it is the responsibility of physical educators to ensure that all students are educated on various forms of physical activity. By increasing students' knowledge, the "PE effect" may impact more students and lead to more physical activity out of class.