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Behavioural Correlates of Physical Literacy in Childhood

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Introduction

Physical literacy (PL) is described as the attributes (motivation, confidence, physical competence, knowledge) related to healthy active living (Whitehead, 2019). To support children's PL, it is important to reinforce behaviours that may relate to it. Thus, the aim of this study was to identify behavioural correlates of PL in childhood.

Method

The PL level of 340 children (M age=10.2±1.2 years) was assessed by the Greek adaptation (Dania et al., 2020) of the CAPL-2. Children's daily physical activity (PA) was measured by pedometers, while information about their sport participation was gathered by self-reports. A sequential multiple regression, controlling for sex, age, body mass index (BMI), was performed to test whether children's weekend PA, frequency of sport participation, years of sport participation, number of sports they engage in, could predict their PL.

Results

The model significantly predicted PL ($F[7,332]=107.6$, $p=.001$), explaining 69.4% of its variance. Apart from sex, all covariates and predictors were significant ($p<.05$), with the weekend PA and frequency of sport participation recording the highest standardized beta values (Table 1).

Table 1. Standardized beta coefficients

Covariates/Predictors	β	t	p
Sex	-.019	-.598	.550
Age	.194	5.650	<.001
BMI	-.209	-6.519	<.001
Weekend PA	.407	12.657	<.001
Frequency of sport participation	.344	7.328	<.001
Years of sport participation	.283	7.837	<.001
Number of sports a child engages in	.161	3.653	<.001

Discussion

Enhancing children's active behaviours, such as participation in sport and weekend PA, is imperative for developing competent, motivated, and knowledgeable movers.

References

- Dania, A., Kaioglou, V., & Venetsanou, F. (2020). Validation of the Canadian Assessment of Physical Literacy for Greek children: Understanding assessment in response to culture and pedagogy. *European Physical Education Review*, 26(4), 903–919.
- Whitehead, M. (2019). *Physical Literacy across the World* (Routledge Studies in Physical Education and Youth Sport) (1st ed.). London, UK: Routledge.