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# Education and Physical Activity in Childhood: Current Challenges and Perspectives

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## Cultural Adaptation of the “Physical Literacy in Children Questionnaire” (PL-C Quest) for the Greek Population: First Steps

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### Introduction

Assessment is vital to understand physical literacy (PL) intervention efficacy. The PL-C Quest assesses children’s perceived PL through 30 pictorial items classified into four subscales (Barnett et al., 2022a,b). The aim of this study was to adapt the PL-C Quest for Greek children (4-8 years) and gather preliminary psychometric evidence.

### Method

An expert panel translated the PL-C Quest into Greek (PL-C-Quest-Gr) and its face validity was tested with 25 teachers and 15 children. The PL-C-Quest-Gr was administered to 125 children (M age=6.33±1.30 years), with 74 assessed twice at one week interval. To examine its internal consistency, the Cronbach’s  $\alpha$  statistic was calculated.

### Results

The Internal consistency of the PL-C-Quest-Gr was supported by the high Cronbach’s  $\alpha$  value (.80) and the significant correlations between items and total score ( $r=.24-.59$ ). ICC values for the total and subscale scores provided adequate test-retest reliability evidence (Table 1).

**Table 1.** ICC values for total and subscale scores

Scores	ICC values
Total scale	.83
Physical subscale	.76
Psychological subscale	.73
Social subscale	.66
Cognitive subscale	.70

### Discussion

The PL-C-Quest-Gr seems to be a valid and reliable tool to assess the perceived PL of young Greek children. However, further research is needed to examine its construct validity in this population.