



Physical Literacy: Is this the missing link for older adult fall prevention?

ACIP 2018 Injury Prevention Conference
June 13, 2018 | St. John's Newfoundland



Agenda

1. Defining Physical Literacy
2. How to measure PL
3. Adult PL measurement tool development



What is Physical Literacy?

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

(International Physical Literacy Association, May, 2014)



Seniors

ALL CANADIANS

CANADIAN SPORT FOR LIFE

ACTIVE FOR LIFE

COMPETITIVE FOR LIFE
FIT FOR LIFE

TRAIN
TO WIN

TRAIN TO
COMPETE

TRAIN
TO TRAIN

PHYSICAL LITERACY FOR LIFE

EXCELLENCE

PHYSICAL LITERACY

LEARN TO TRAIN

FUNDAMENTALS

ACTIVE START

FIRST INVOLVEMENT

AWARENESS

Infants



 **Sport for Life**

ACTIVE **FOR** LIFE



The 4 Elements of Physical Literacy

1. Motivation and confidence (Affective)
2. Physical competence (Physical)
3. Knowledge and understanding (Cognitive)
4. Engagement in physical activities for life (Behavioural)

(International Physical Literacy Association, May, 2014)



Core Principles of Physical Literacy...

- is an inclusive concept accessible to all.
- represents a unique journey for each individual.
- can be cultivated and enjoyed through a range of experiences in different environments and contexts.
- needs to be valued and nurtured throughout life.
- contributes to the development of the whole person.

(International Physical Literacy Association, May, 2014)



Literacy Model

Literacy

ABC
Words
Sentences



Numeracy

123
Fractions
Equation



Music

Do-re-mi
Scale
Score



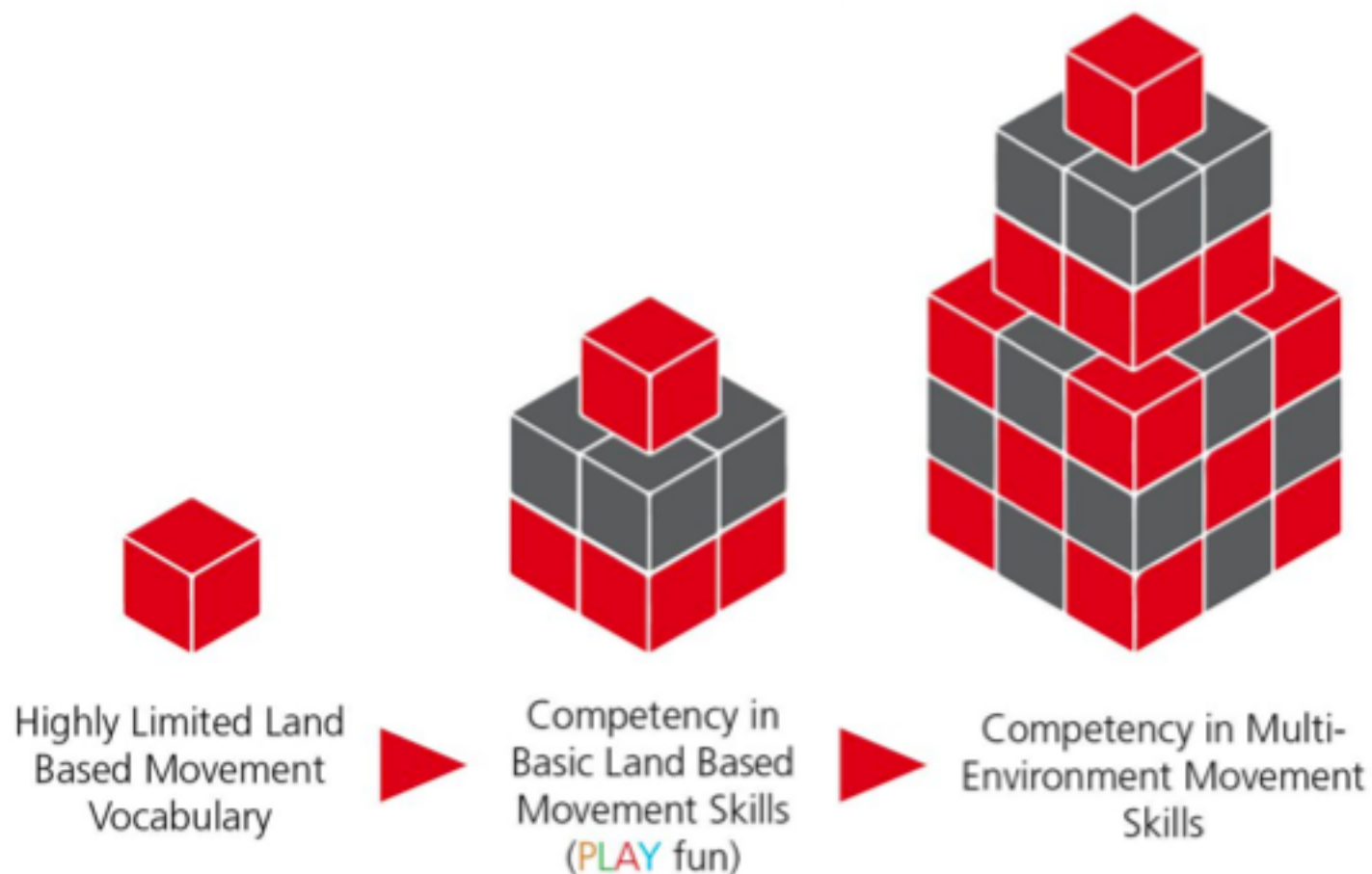
Physical Literacy

Run, Wheel, Jump, Throw
Skills
Games





Competence in Movement Skills are the **building blocks** of Physical Literacy



(Sport for Life, 2018)

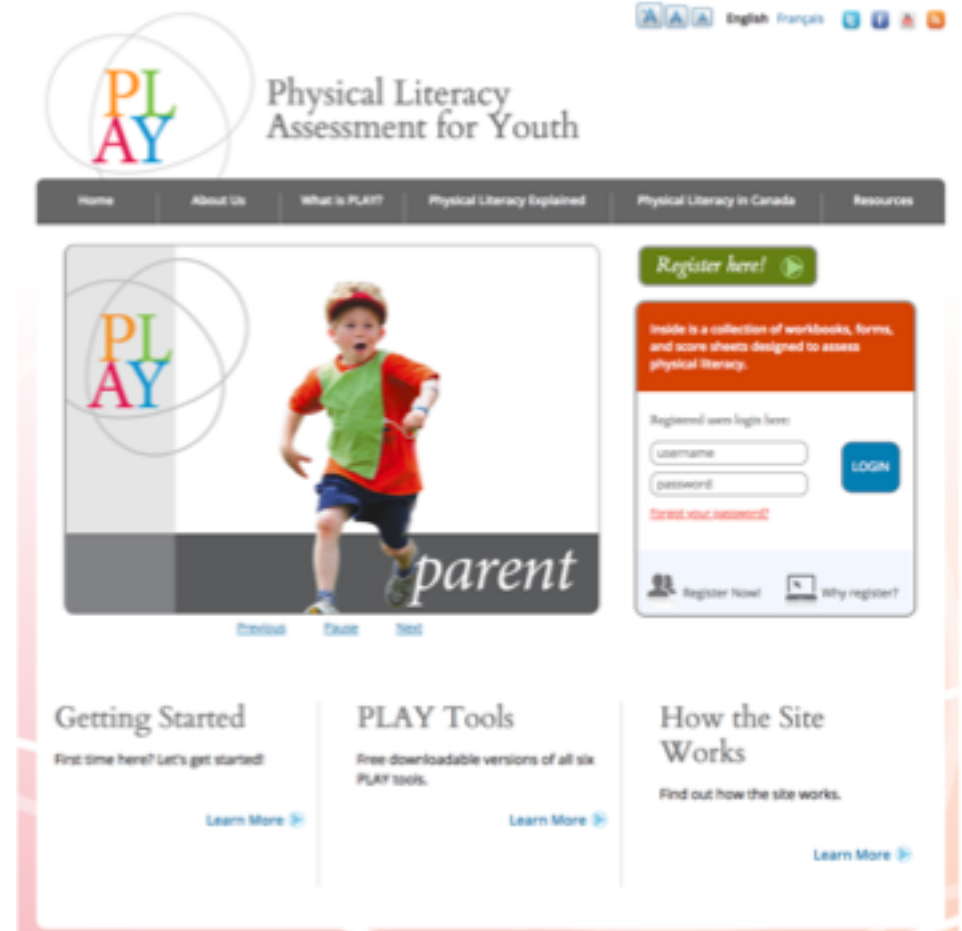


How do we measure Physical Literacy?



 **The Canadian Assessment of Physical Literacy (CAPL)**

CAPL is the first comprehensive protocol that can accurately and reliably assess a broad spectrum of skills and abilities that contribute to and characterize the physical literacy level of the participant. [Read More...](#)





8 ways to tell if your child is physically literate



But, what about measuring physical literacy in older adults??

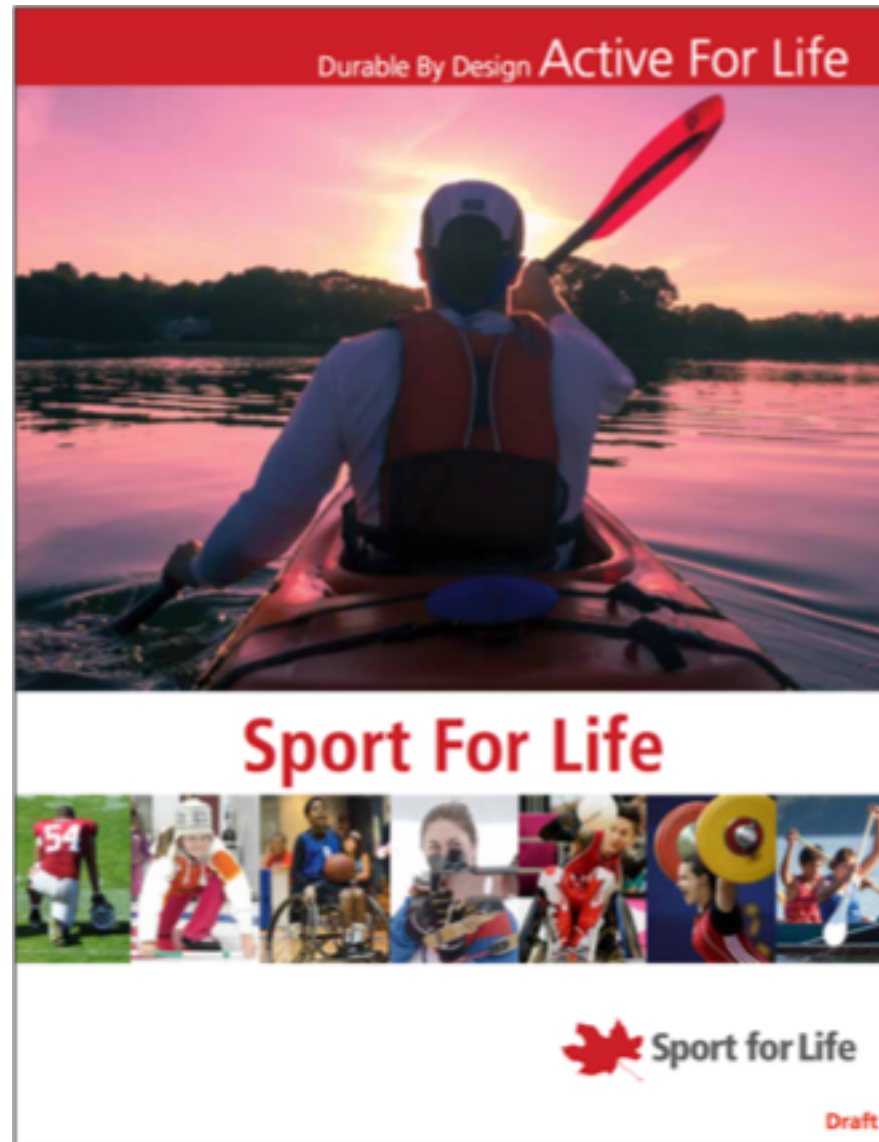


YMCA offers resources to help build physical literacy

Find out more at

ymcocalgary.org/physicalliteracy or ymcocalgary.org/camps/day-camps/





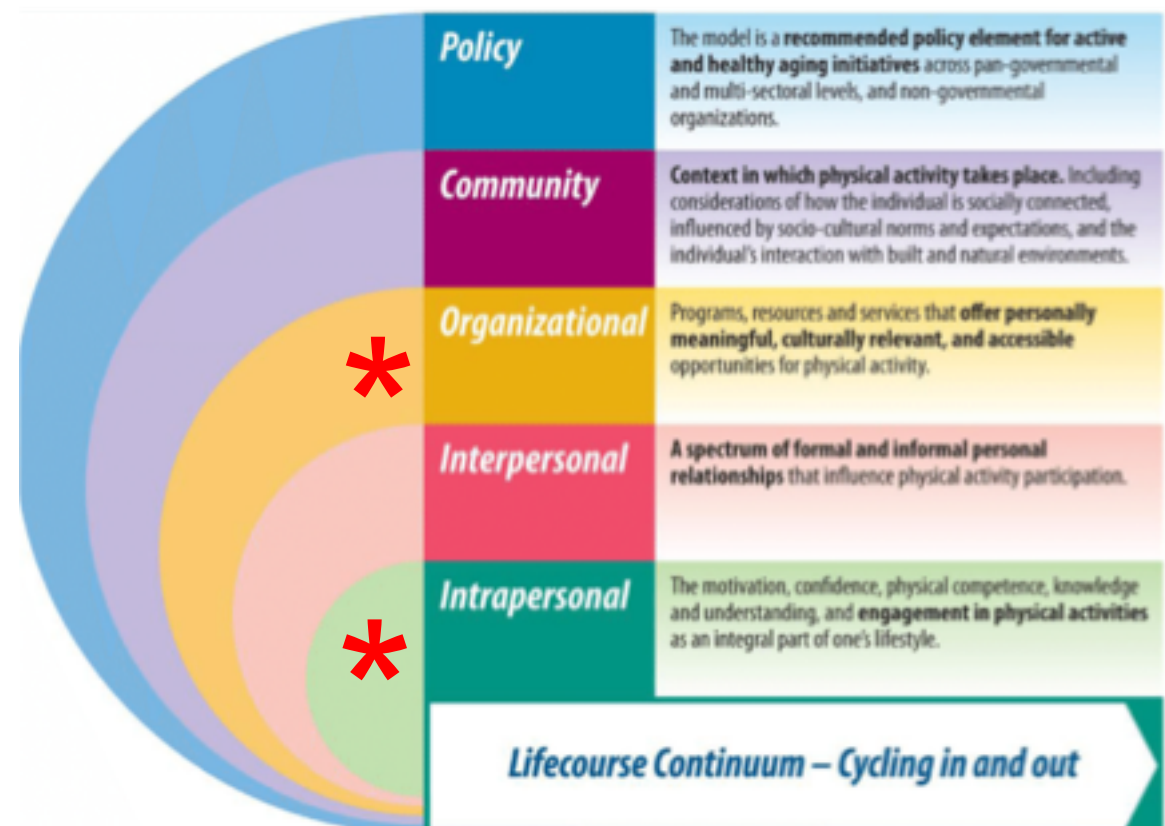
RESEARCH ARTICLE

Open Access



Development of a physical literacy model for older adults – a consensus process by the collaborative working group on physical literacy for older Canadians

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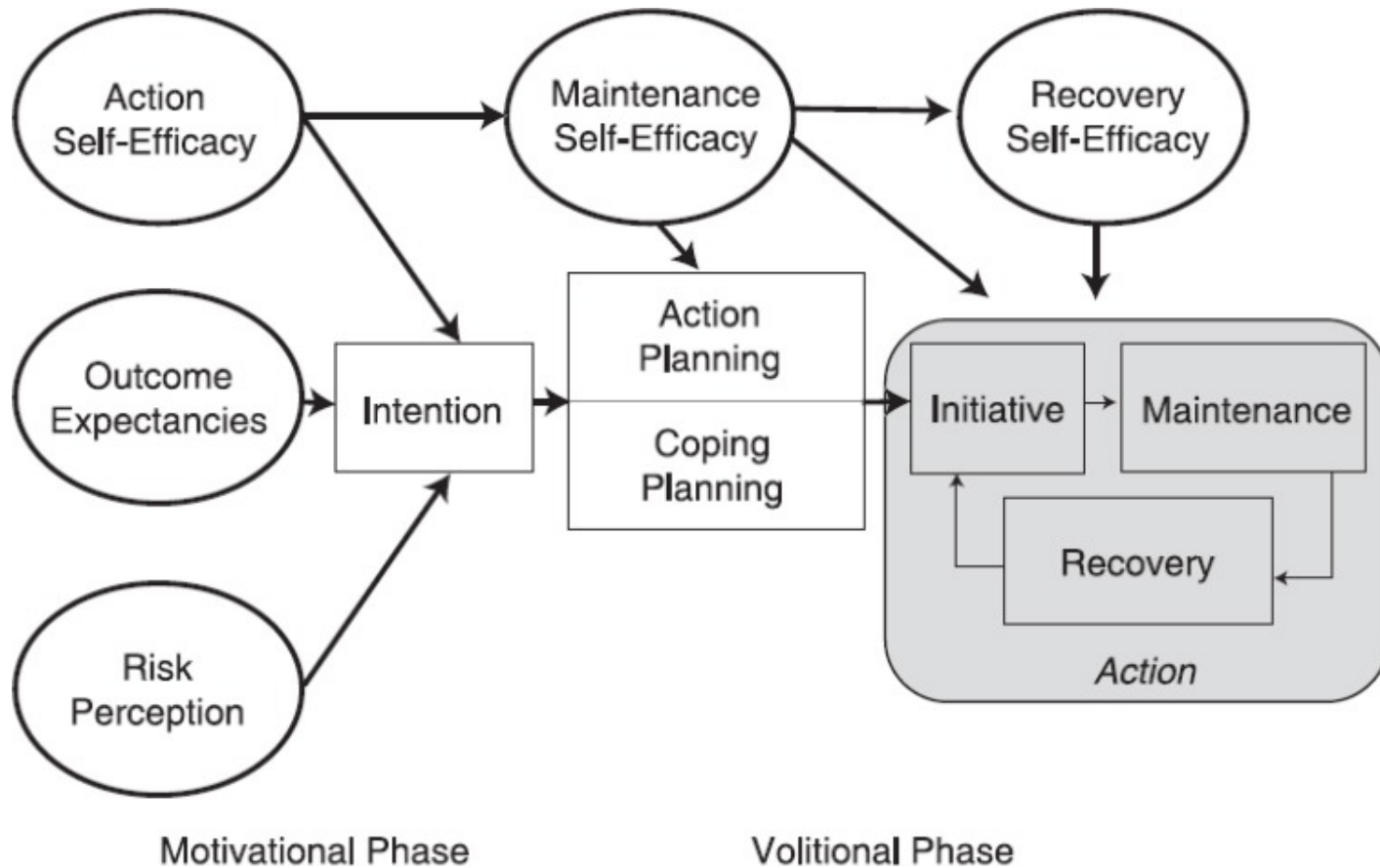


Current PL work

1. Predictors of physical activity in knee-replacement patients.
2. Collaborative project aiming to develop objective tool to assess physical literacy in older adults in the community recreation setting.



HAPA Model



Aliabad et al (2014).



HAPA Model

- Coping planning
- Risk perception
- Action planning
- Maintenance of self efficacy
- Recovery of self-efficacy

PLAY Tools

- Confidence in physical
- Physical competence movement
- Movement across environments



What we hope to learn...

1. How well does the HAPA model predict objectively measured physical literacy among active older adults in a community recreation setting?
2. Can predictive factors for physical literacy outcomes affect physical literate program development for older adults in a community recreation setting?



Key Websites

- www.physical-literacy.org.uk
- www.canadainsportforlife.ca
- www.physicalliteracy.ca
- www.activeforlife.com



<https://is4ls.org/>

IPLC 2019

May 7-10, 2019
Fort Garry Hotel
Winnipeg, Manitoba

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Thank you!

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