

#3 A PHILOSOPHICAL POSITION ON PHYSICAL ACTIVITY & FITNESS FOR PHYSICAL ACTIVITY PROFESSIONALS

NATIONAL ASSOCIATION FOR SPORT AND PHYSICAL EDUCATION (2010)

Document, 2010

Topic for advocacy HEPA - Physical Activity and Health and Local clubs / Education and Active Schools / Obesity and behaviour change

<http://citeseerx.ist.psu.edu/viewdoc/download;jsessionid=DB676D45FA535F093C493741CA60F7D2?doi=10.1.1.391.8468&rep=rep1&type=pdf>

Description of the good example

The document was developed by the National Association for Sport and Physical Association (NASPE) in 2010. NASPE is the largest of the five professional organizations within the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), now known as SHAPE America. For professionals it explains the importance of all fields related to physical activity to model active lifestyles and physical fitness, as well as the key factors related to modelling in general, and in physical activity and fitness in particular. The document gives insight of the role that Physical Activity professionals have in influencing many attitudes and behaviours, and the adoption of physical activity patterns of those who carry strong modelling status among many children and adults such as physical educators, coaches and other professionals in fitness.

Target - Who can best use this example or document?

Physical activity professionals in all fields and at all levels, including coaches, K-12 teachers, physical educators, and kinesiology faculty members at higher education institution, fitness professionals.

**All information in this entry is sourced from the link above and contact mentioned in the document.*

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

The document is innovative, it brings sustainable activation, enhances knowledge, improves professional practice, and increases support for high quality physical education, sport, and physical activity programs.

Learning points - What can we learn from it?

The importance of role modelling, being a critical and powerful tool for health, physical education, recreation and dance (HPERD) professionals.

Further information

National Association for Sport and Physical Education. (2010)
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