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Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives

Inclusion in Physical Education and Youth Sport: Overweight & Obesity

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Outline

- Defining & Classifying Overweight & Obesity in Young People
- Overweight & Obesity in Young People: Associated Health Problems
- The Role of Physical Education & Sport
- Overweight & Obesity in Young People: Potential Barriers & Issues in Physical Education
- Overweight & Obesity in Young People: Strategies for Inclusion in Physical Education & Youth Sport

Defining & Classifying Overweight & Obesity

- Obesity refers to an excess of body fat and is a recognized clinical health condition (Cale & Harris, 2011)
- Obesity is distinct from overweight which refers to weight in excess of some standard (Cale & Harris, 2011)
- Most commonly measured using Body Mass Index (BMI)
 - Weight (kg) divided by height squared (m^2)
 - $BMI \geq 25$ = overweight (WHO, 2011)
 - $BMI \geq 30$ = obese (WHO, 2011)
- Statistics & Issues

Overweight & Obesity: Associated Health Problems

- Short Term:
 - Medical morbidity, complications or problems
 - (e.g., orthopaedic problems, respiratory problems, pulmonary disorders, gastrointestinal problems, hormonal disturbances)
 - Social & psychological problems
 - (e.g., negative stereotypes, peer rejection, teasing, discrimination, negative self-image, low self-esteem, depression)
- Long Term:
 - Increased risk of cardiovascular risk factors, respiratory comorbidities, type 2 diabetes.
 - Tracking of obesity from childhood to adulthood

(Cale & Harris, 2011)

Overweight & Obesity: Role of Physical Education

- Discuss/Consider the following points:
 - Aims of PE
 - Addressing obesity - Should this be an aim?
 - Can this aim be realistically achieved?

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“Performative culture that celebrates comparison, measurement, assessment and accountability while focusing attention on the manifest aspects of ‘corporal perfection (usually defined as the ‘slender ideal’; Evans, 2007)”

Overweight & Obesity: Role of Physical Education

‘physical education has no more capacity or responsibility to make children ... eat well and be thin than have math teachers the capacity or responsibility to make pupils multimillionaires’

(Evans et al., 2004)

‘given physical education involves all young people, of all sizes, in regular physical activity (resulting in increased energy expenditure and potentially in health benefits) and provides opportunities for them to acquire and develop the skills and knowledge required to be physically active, it seems only logical for it to play a part in addressing obesity’

(Cale & Harris, 2011)

Barriers & Issues in Physical Education

- What are the potential barriers for overweight and obese pupils in physical education?

Barriers & Issues in Physical Education

- What are the potential barriers for overweight and obese pupils in physical education?
 - Orthopaedic problems
 - Lower tolerance to exercise
 - Poorer movement efficiency and body management
 - Lower self-esteem/confidence
 - Self-consciousness/embarrassment
 - Sense of isolation

(Cale & Harris, 2011)

Strategies for Inclusion in PE & Youth Sport

- General Strategies
 - See handout
- Physical Education Specific Strategies
 - TASK – Card Sort