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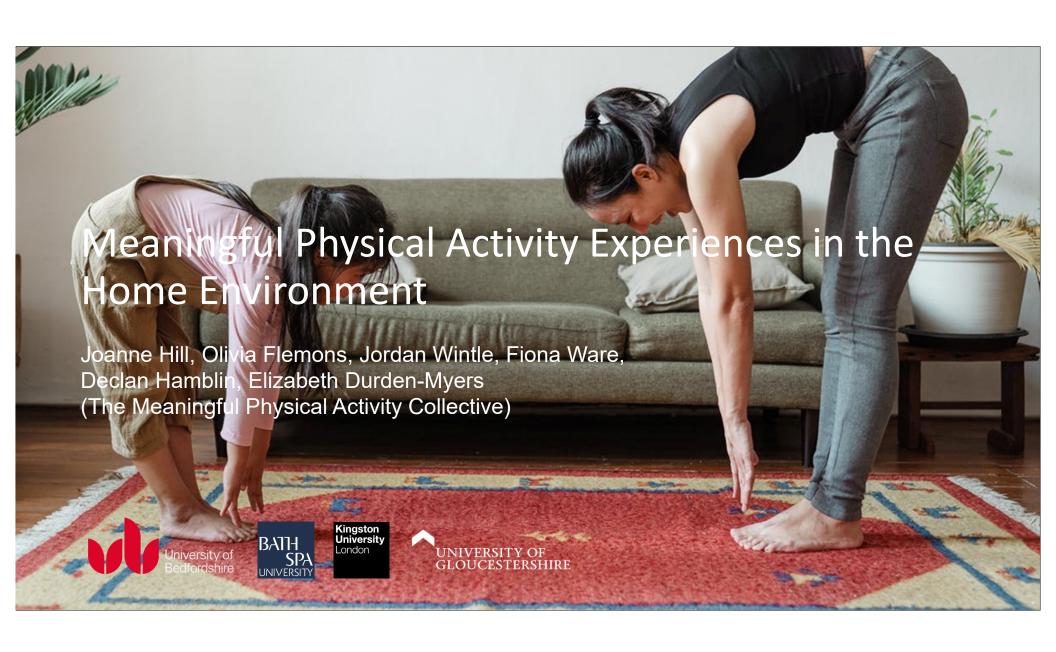
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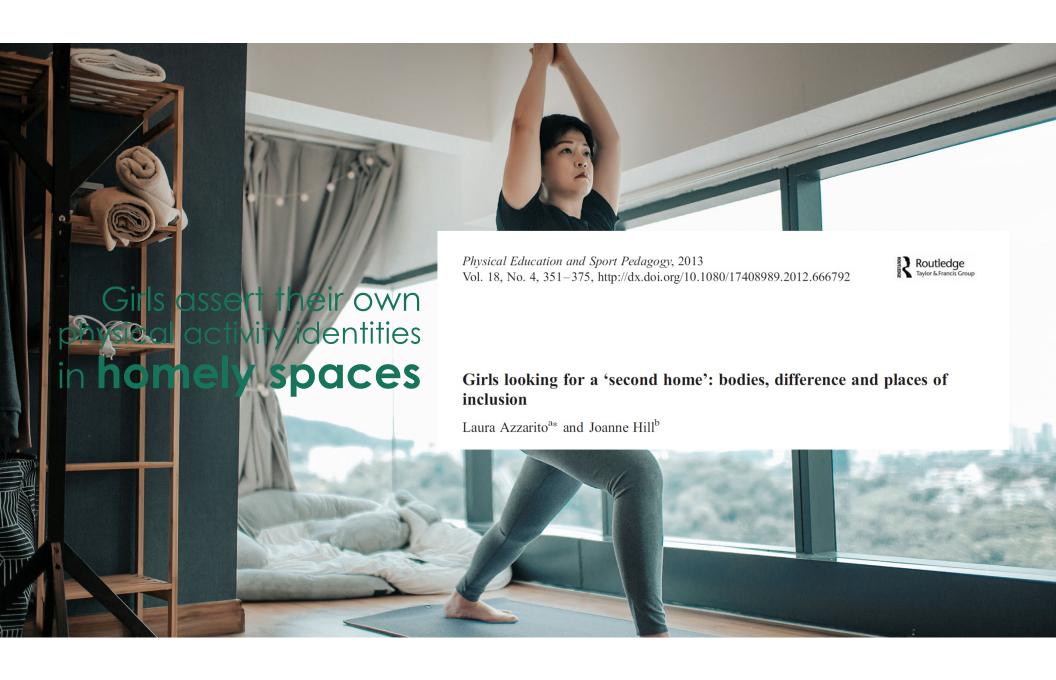








Threading together concepts, theories, methods and practices





features of meaningful physical education (Kretchmar, 2006; Beni et al., 2017)



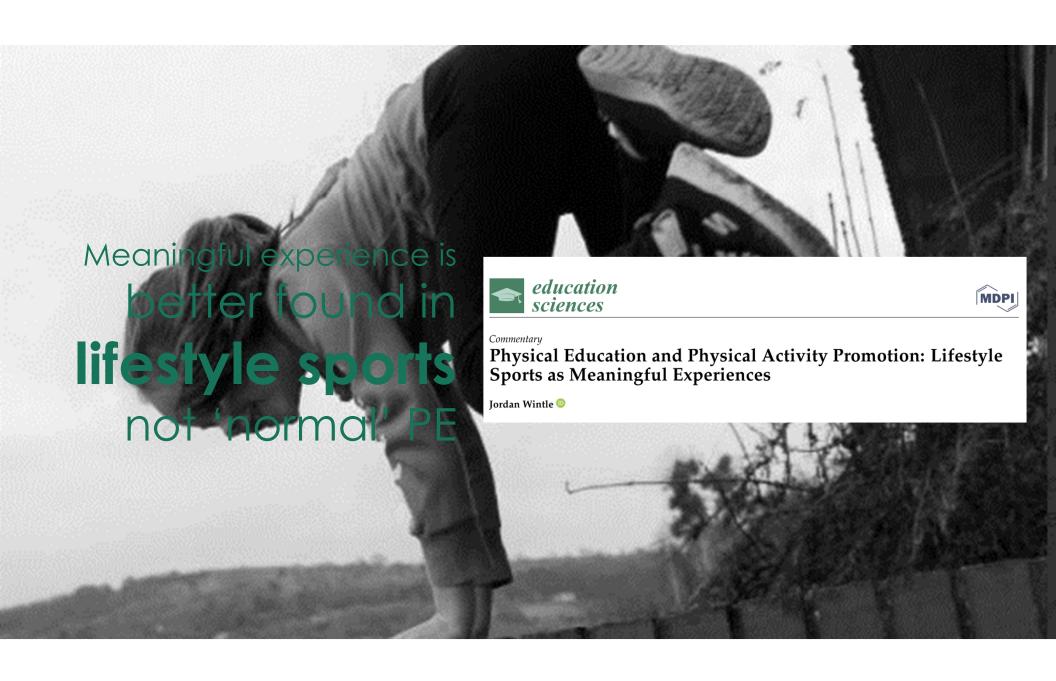






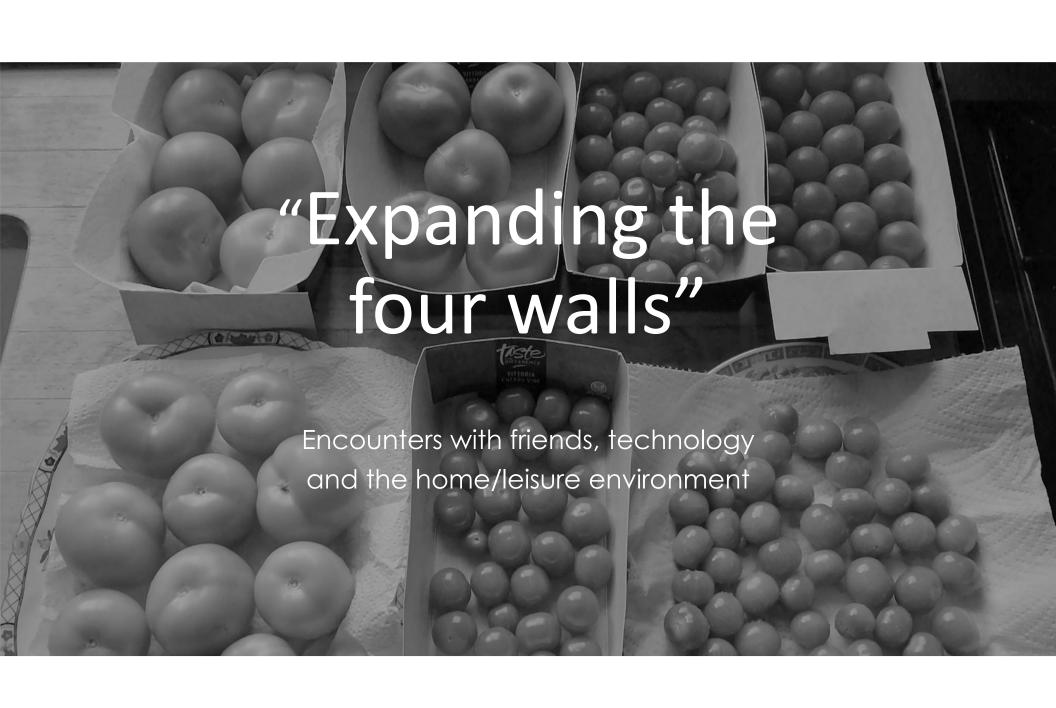












I would never have thought of taking my yoga mat outside in my garden before COVID.

But I'm locked down, being outside and doing yoga in nature just felt like something that was an interesting thing to do. I love staring up at the sky. It's joyous.





Lockdown made me look for alternative places to exercise in my local environment. You know, if we hadn't had COVID, I wouldn't have spent so much time out there and wouldn't have enjoyed that space.

When I was allowed to go to the park and meet my personal trainer, no one was going to stop me!

There was often a young man who used to work out sort of fairly close to us. If the weather got bad there was a shelter and he would be in the next bit.

My personal trainer started a video session by saying, 'part one is warm up and mobility drills; part two, pour large gin and tonic'.

And we all laughed, and then we sat in the garden, had a drink and a chat over the video call, all in our own gardens, and it was really nice, you know, it was just that understanding that this is a shit time.

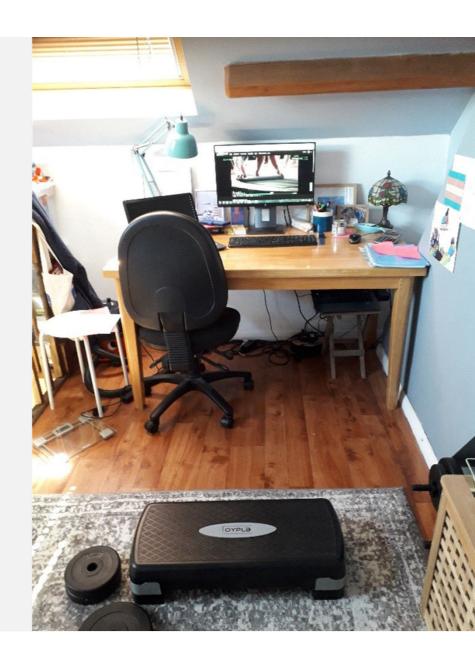
Just keeping people connected was so important. I hadn't recognised that until the middle of winter lockdown [December 2020] when we were truly or our own.



I will talk back to the video screen sometimes I know they can't see or hear me but seeing them work out and get tired at the same time is helpful.

I have my favourite recordings, there's one instructor who is a little bit offbeat.

I have this weird relationship with him in terms of always wanting to try my hardest in his session. Which is a ridiculous kind of feeling to have about some person on an online class because, you know, I've never met them.



features of meaningful physical activity at home

convenience and adaptability





personal relevance

community and support should be situated in the time and place of COVID-era

goals related to strength, age-related functionality added features: health, adventure, connection to nature?



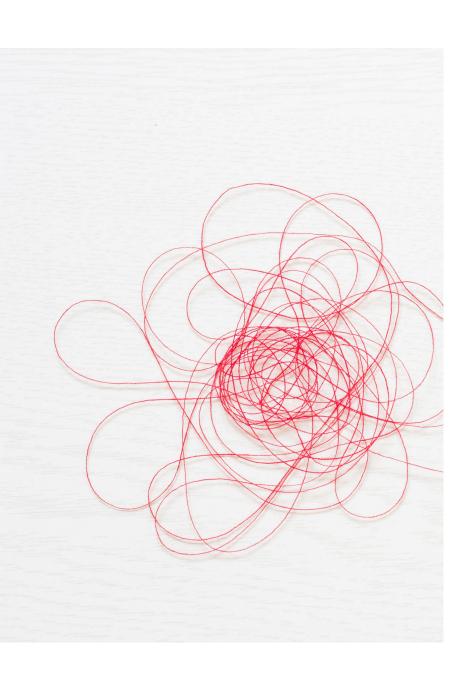
social interaction







adventure



'Not simply to be intertwined with another, but to lack an independent, self-contained existence. Individuals do not preexist their interactions, rather individuals emerge through and as part of their entangled intra-relating'

(Barad, 2007, p. ix)

attend 'to the body's movements, responses, and affects, while also acknowledging bodies as socially and culturally produced entities, always "enmeshed" in broader material-discursive arrangements'

(Thorpe, Brice, and Clark, 2020, p. 14)

questions we are posing about meaningful physical activity

features

what are the features of meaningful physical activity and do they vary across the life course?

applicability in adult contexts

is meaningful as useful an idea in leisure and exercise as it is in PE?

physical literacy, knowledge, embodiment and flourishing

if we pay attention to the life course, how does physical literacy interact with meaningful experiences?

operationalising

how do we ask for and interpret participant voice on meaningfulness?



Thank you

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Stock images from pexels.com

Read all the vignettes at: https://bit.ly/44mPDuD



interview questions for adults

General Background

- •Do you think of yourself as physically active? Why / why not.
- •Do you do any other forms of PA away from home? Who with, etc?
- In normal times, would you do physical activity at home? What sort of activities would you do?
- •Do you feel you have been more or less active during this period at home? Tell me about that.

PA at Home in general

- •What or who encouraged or motivated you to start this PA?
- •What or who has helped you to stay active?
- •What are your favourite aspects of the PA you do at home? (prompt to think about fun, context, atmosphere, pedagogical approach, just the right physical challenge, motor competence, social interaction)
- •Is there anything you dislike about being active in a gym or public space that you can avoid by being active at home?

If participant has done organised PA

- •Remind us, do you take part in any organised PA live or recorded, run by a personal trainer, leisure centre, etc?
- •How long have you been involved with this online PA? How often have you attended?
- •What attracted you to this particular class, programme, PT or provider?
- •What are your favourite aspects of the PA you do at home? (prompt to think about fun, context, atmosphere, pedagogical approach, just the right physical challenge, motor competence, social interaction)
- •Does anything about it make you feel welcomed or part of a community? How do you interact?
- •How/Why do you think your programme/provider/PT is successful in engaging individuals in PA?
- •How would you 'sell' PA at home from your programme/provider/PT to someone not sure of joining? What would your encouraging 'pitch' be?
- •What sort of changes in yourself have you noticed in the time you've been attending these sessions?

(Movement) Life History

- •Let's think about your engagement with movement as a whole that can include physical activity.
- •Tell me something you have enjoyed about movement at any time of your life? Or, As a child, what did you enjoy about moving?
- •Can you describe a time that for you was a high point in your engagement in movement and PA, a time when you were most alive and engaged? Can be at home or anywhere
- •What do you find personally relevant about movement and PA? (Probe: fun, sustained delight, just the right physical challenge, motor competence, social interaction)
- •What helps you to have a sustained engagement in PA?
- •What gives life to your movement and PA experience, without which you wouldn't want to engage with the experience? Or, what's the most valuable part of your movement experience?

Dream

- •Asking the participants to imagine themselves, their group, or community at its best and attempt to identify what could be.
- •What can you envisage other PA providers learning from your provider / PT? If relevant
- •What could be improved about the PA you have done at home? How could you contribute to that improvement? How could the PT/provider contribute to that?
- •Will you continue to do PA at home (if it is offered)? Why or why not?
- •Imagine an ideal episode of PA at home and describe it to us what it would look like, what you would do, who might be there etc. (Probe e.g. imagine technology, space, etc are no object)
- •What would you like to see yourself doing/achieving in terms of your movement experiences in the next few years?

