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PLEASE SCROLL DOWN FOR TEXT.

A photograph of two women in a living room performing a yoga stretch. They are both bent forward at the waist, reaching their hands towards their feet. The woman on the left is wearing a pink long-sleeved shirt and tan pants, while the woman on the right is wearing a black tank top and grey leggings. They are standing on a red and yellow patterned rug. In the background, there is a green sofa, a potted plant on a side table, and a plain wall.

# Meaningful Physical Activity Experiences in the Home Environment

Joanne Hill, Olivia Flemons, Jordan Wintle, Fiona Ware,  
Declan Hamblin, Elizabeth Durden-Myers  
(The Meaningful Physical Activity Collective)



University of  
Bedfordshire

BATH  
SPA  
UNIVERSITY

Kingston  
University  
London



UNIVERSITY OF  
GLOUCESTERSHIRE



1 What is

meaningful

about physical activity at home  
during distancing and lockdown?

A close-up, low-angle shot of a person's feet running on a track. The runner is wearing dark-colored athletic shoes with a prominent white, grid-like tread pattern on the soles. The background is heavily blurred with horizontal streaks of light and color, suggesting high speed and motion. The lighting is bright, with a strong yellowish glow on the left side, possibly from a sun or a bright light source. The overall composition is dynamic and energetic.

## 2 Conceptualising & operationalising **meaningfulness**

in physical activity for adults



Threading together  
concepts, theories,  
methods and practices



Girls assert their own  
physical activity identities  
in **homely spaces**

*Physical Education and Sport Pedagogy*, 2013

Vol. 18, No. 4, 351–375, <http://dx.doi.org/10.1080/17408989.2012.666792>

 Routledge  
Taylor & Francis Group

**Girls looking for a ‘second home’: bodies, difference and places of inclusion**

Laura Azzarito<sup>a\*</sup> and Joanne Hill<sup>b</sup>



**‘Meaningfulness is ... an interpretation of the significance something holds for an individual’**

(Fletcher, et al., 2021, p. 3)

**‘the more poignant experiences that lie beyond’**

(Krechmar, 2001, p. 318)

**‘time for reflection ... aligned to a ‘first rush of movement’ can shed light on what students find meaningful ‘in’ movement’**

(O’Connor, 2018, p. 1093)

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



**motor competence**



**social interaction**



**the right  
physical challenge**



**joy**



**fun**



**personal relevance**






Meaningful experience is  
better found in  
**lifestyle sports**  
not 'normal' PE



*Commentary*

**Physical Education and Physical Activity Promotion: Lifestyle Sports as Meaningful Experiences**

Jordan Wintle 

A photograph of a person's legs and feet running on a track. The person is wearing dark-colored athletic shoes with white soles. The background is blurred, suggesting motion. The text is overlaid on the left side of the image.

How do we  
conceptualise  
& operationalise  
**meaningfulness**  
in adult physical activity,  
leisure & health contexts?

What is

meaningful

about physical activity at home  
during distancing and lockdown?

1

First video interview: 15 adults in UK  
July-Sept 2021: 'lockdown' ending  
but distancing still in place, some  
leisure spaces slowly opening

2

Photo or text diary for 4-6 weeks  
about PA home and away

3

Second video interview, using  
photo elicitation  
Aug 2021-Feb 2022

4

Thematic analysis

Composite vignettes from 11  
women's data (ages 36-72)



# “Expanding the four walls”

Encounters with friends, technology  
and the home/leisure environment

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 on 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



the right  
physical challenge

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



social interaction

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



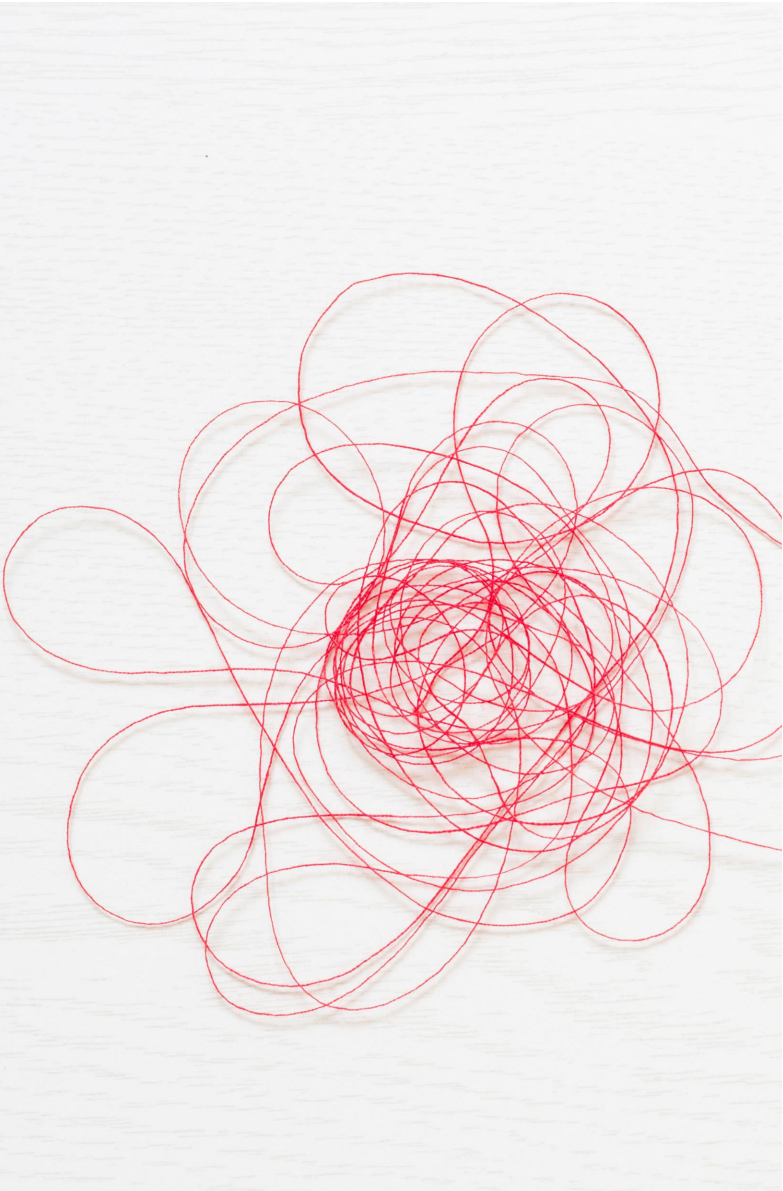
joy



motor competence



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?**

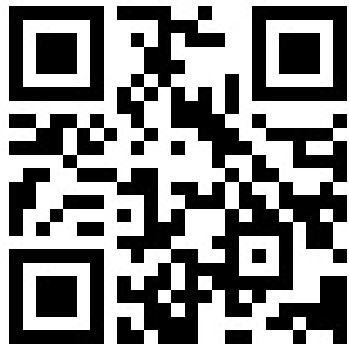
# Thank you

Email: [joanne.hill@beds.ac.uk](mailto:joanne.hill@beds.ac.uk)

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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?



A meaning-intensive  
movement subculture  
can support  
body positivity  
in a traditional activity setting  
(drawing from Kretchmar, 2000)

SPORT IN SOCIETY, 2016  
VOL. 19, NO. 5, 667–679  
<http://dx.doi.org/10.1080/17430437.2015.1073946>

 **Routledge**  
Taylor & Francis Group

*'It has really amazed me what my body can now do': boundary work and the construction of a body-positive dance community*

Joanne Hill<sup>a</sup>, Rachel Sandford<sup>b</sup> and Eimear Enright<sup>c</sup>

<sup>a</sup>Institute of Sport and Physical Activity Research, University of Bedfordshire, Bedford, UK; <sup>b</sup>School of Sport, Exercise and Health Sciences, Loughborough University, Loughborough, UK; <sup>c</sup>School of Human Movement and Nutrition Sciences, The University of Queensland, Brisbane, Australia

A man with a beard and dreadlocks, wearing a white tank top and dark shorts, is performing a yoga pose (Bhujangasana) on a grey mat in a living room. He is on his hands and knees, lifting his chest and head, looking upwards. The room has a wooden floor, a light-colored sofa, and large windows with sheer curtains. The lighting is bright and natural.

can  
physical activity  
**at home**  
be meaningful?

Choice, adaptability and  
constraint or compromise

Temporally and contextually situated