

# HOT TOPIC



**Key words:** physical education; physical activity; pedagogy; motivation; health; sport; exergaming; exertainment; sedentry; curriculum

# HOT TOPIC - what does the research tell us?

- **Schiesel (2007)**
  - “a way to engage those typically disinterested in traditional physical fitness regimes”
- **Daley (2009)**
  - active gaming is not substitute for real sports and activities
  - Physical inactivity among children is a serious public health problem
- **Vander Schee & Boyles (2010)**
  - the latest trend influencing the physical education (PE) curriculum
  - exergaming as a pedagogical trend
  - ... represents a potential de-skilling and deprofessionalization of PE.

# Motivational factors of exergaming and its affect on lifelong participation of young people in physical activity

What is exergaming?

Exergaming is a combination of exercise and video gaming.

“The study found that exergaming significantly increased physical activity levels in young people. Does this mean that exergaming is a viable alternative to traditional physical activity?”

Exergaming is the combination of exercise and video gaming. The purpose of this study was to investigate the relationship between exergaming and physical activity.

study.

3. Health

## **RYAN & DECI Intrinsic and Extrinsic Motivation**

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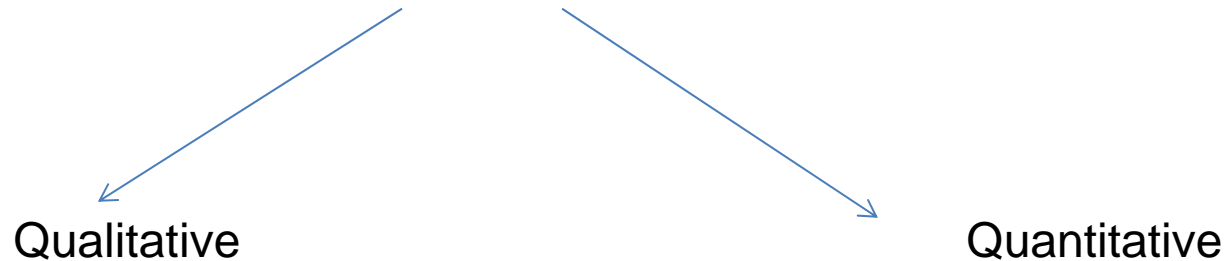


# RESEARCH QUESTIONS

- RQ1 How the trend of exergaming has increased in the physical education curriculum and are there any implications of this trend on the subject?
- RQ2 To investigate the role that exergaming can play in the physical education curriculum particularly on the motivation and engagement of students. Does it increase activity in 'inactive students'? But does it conversely 'demotivate' sport focused students?
- RQ3 What is the schools motivation for including exergaming on the physical education curriculum?

# RESEARCH DESIGN

- Sample: Students (11-14); 6 weeks PE / 6 Weeks EXG
- Mixed Method approach



Student experience

Self reporting – exercise levels

Self Esteem Questionnaire

Accelerometer

Compare what students ‘thought’ they did against their physical activity levels.

# RESEARCH DESIGN

- Interviews with PE staff
- Interviews with school principles/head teachers
- Interviews with other teaching staff

Motivation for including exergaming?

Health? Costs? Easy to do?

# RESEARCH

- Journals
  - Physical Education and Sport Pedagogy
  - Sport, Education and Society
  - Journal of Teaching Physical Education
- Conferences
  - AISEP
  - AAHPERD
  - BERA