

A comparative study between  
an Asian and an European  
country Autonomy of 13 to 14  
years old students in physical  
activities at leisure time.

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# Introduction

## Purpose

- ◆ Problem : teenagers don't practice enough Physical Activities at their leisure time(WHO, 2011 ).
- ◆ The purpose of this study is to investigate autonomy in 13/14 years old students' physical activities at their leisure time.



# Theoretical framework

1. The self-determination theory  
(Deci & Ryan, 2000)

2. Maureen et al (2009)

Health based physical activity in school .

3. Fall (2007)

Children who are physically active & fit tend to perform better in the class room

# Research questions

- What is difference between Asian and European students physical activities at leisure time?
  - ◆ How much time did the student spend at leisure time?
  - ◆ How many did people join the sport club?
- What is generic and specific factors influencing the autonomic physical activities in Asian and European countries ?



# Research Design

Mixed Method:

## 1. Quantitative

- ◆ Survey to the 13/14 students in two compared Country to investigate if they practice physical activities after school (a sample).

## 2. Qualitative

- ◆ Interviews to the students who do no belong to a sport club (active & inactive students).

## **Journals**

1. Journal of International comparative study in Physical Education.
2. Journal of Teaching in Physical Education
3. Research quarterly for exercise and Sport
4. PESP Journal of Physical Education and Sport Pedagogy.

## **Conferences**

1. AIESEP (International Association for Physical Education in Higher Education)
2. Japan society of Physical Education, Health and sport sciences.
3. Reflective practice conference

# Reference

- ◆ Deci, E. L., & Ryan, R. M. (2000). The “what” and “why” of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 11, 227–268.
- ◆ Fall (2007) Active Education Physical Education, Physical Activity and Academic Performance. Active Living Research.
- ◆ Maureen Dobbins ,Kara De Corby ,Paula Robeson ,Heather Husson ,Daiva Tirilis (2009). School-based physical activity programs for promoting physical activity and fitness in children and adolescents ages 6 –18 (Review). *The Cochrane Library*.
- ◆ World Health Organization (2011). *Health topics*. Retrieved July 21, 2011, from World Health Organization Web site: [Http://www.who.int/topics/physical\\_activity/en/](http://www.who.int/topics/physical_activity/en/)