

Imagery Use in Children's Leisure Time Physical Activities


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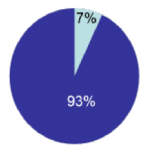
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"Work consists of whatever a body is obliged to do. Play consists of whatever a body is not obliged to do." –Mark Twain



What we know:


Guidelines: 60 mins/day



- Meeting guidelines
- Not meeting guidelines



(AHKC, 2012)

- **Challenge:** to identify effective strategies that motivate children to increase their physical activity (PA)



Active Play:

- Unstructured PA that takes place in a child's free time (Veitch et al., 2008)
- Active play is a promising, accessible, and cost-effective avenue that children can accumulate their daily PA (AHKC, 2012)

What we don't know:


- If children use imagery during their active play?
- If so, can we increase levels of active play with an imagery intervention?





Study 1

- Participants: 104 children (7-14 yrs)
- Design: 23 focus groups
- Double Layer Design: Allowing for age & gender
- Findings:


Autonomy




Competence



Relatedness






Study 2

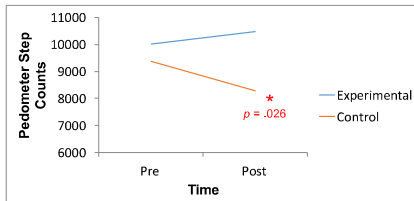
- Development of the CAPIQ
- PCA:
 - Participants: 302 children (7-14 yrs)
- CFA:
 - Participants: 252 children (7-14 yrs)

Subscale	Mean	SD	α
Capability	3.30	1.02	($\alpha = .82$)
Social	3.76	.81	($\alpha = .73$)
Fun	4.27	.82	($\alpha = .82$)



Study 3

- Participants: 59 children (9-12 yrs)
- Design: Randomized controlled
- Findings: Significant time X group effect ($p = .045$)



Implications and FD

- Do children use active play imagery? **Yes!**
- Can imagery increase levels of PA? **Maybe...**
- Future research:
 - Longer imagery interventions (8 wks vs 4 wks)
 - Tailor imagery types to desired outcomes
 - Implement interventions in school physical education settings

