

## A European tool for Physical Educators to promote Motivation, Self-regulation and Physical Activity

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Several surveys revealed that adolescents' levels of Physical Activity (PA) are low across most European countries. To address this problem the European Commission funded the Erasmus+ sport program aiming to promote innovations to increase adolescents' levels of PA. The present project is implemented by a consortium of 6 European universities, 3 European associations of Physical Education (PE) teachers and 3 European educational authorities. It is centered on the creation of a European electronic tool ([www.impactpe.eu](http://www.impactpe.eu)) that might help European PE teachers, researchers and policy makers to promote students' motivation, self-regulation and PA through PE. This tool combines (1) a measure that enables PE teachers, researchers and policy makers to monitor students' PA, motivation and self-regulation in PA settings, and (2) an educational tool providing information to PE teachers how to monitor students' PA and increase their motivation and PA. The measure of PA, motivation and self-regulation has been already validated across 6 European countries (France, Greece, Italy, Spain, Turkey, UK) showing good evidence of metric invariance, construct validity and reliability. Larger number of students from these countries will participate in measurements during 2018-2019, while the measure will be also validated across other European countries. Researchers who are interested in the validation of this measure in their country are encouraged to adapt it to their language. The educational material is under development and it will be offered to European PE teachers through 5 webinars that will be delivered during 2018-2019, while the effects of this intervention will be assessed. A network consisted European researchers, PE teachers and policy makers will be developed to promote this tool in European countries in order to monitor European students' PA and motivation in PE and adopt strategies to increase students' levels of PA.



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