Beyond the Student

Using the Socioecological approach to better understand the physical activity context in secondary schools in Antigua

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Socioecological approach

(McLeroy et al., 1988; Sallis et al., 2006; Stokols, 1996)

- Individual + Her environment
- Comprehensive understanding of factors influencing behavior change
The purpose of the study was to explore the current physical activity opportunities and related facilities and features available in schools, the barriers and facilitators to engaging in these physical activities and ultimately gather recommendations to promote student physical activity in secondary schools in Antigua.
Methods

- Needs Assessment
  - Interviews with P.E. teachers (n=8)
  - Focus Groups with first form students (n=9)
  - ISAT (International School Audit Tool) (n=9) (Broyles et al., 2015)
Data Analysis

Qualitative Data Analysis

Transcribed Data → Analyzed data deductively and then inductively → Identified patterns and themes within data

Braun and Clarke, 2006

Quantitative Data Analysis

Used descriptive statistics identifying the presence of absence of features and facilities available
FINDINGS

(McLeroy et al., 1988; Sallis et al., 2006; Stokols, 1996)
FINDINGS

- Peer, parent and school staff influence
- Cultural Norms

- Peer and Adult encouragement and discouragement
- PA as a punishment
- Influence of celebrities
- Traditional gender norms related to sport
- PA and PE have lesser value
- School work and student schedules
FINDINGS

- **PA as a punishment** (Peer, parent and school staff influence)

  “When you do something like disrupt the class, the teacher would say get on the ground and do 20 push ups…”
  [Samantha, Student]

  “[Use physical Activity as a punishment for] Disturbing my class, maybe I will tell them to take a lap. Majority of the time it’s because of conversations, I would let them run, let them do squats outside.”
  [Cynthia, PE teacher]

- **Traditional gender norms related to sport** (cultural norms)

  “In primary school…the girls didn’t really have a choice of sport…the only sports they [the students] had was cricket. And the girls couldn’t play.”
  [Jess, Student]
FINDINGS

- Infrastructural availability and conditions
  - Presence, accessibility and conditions of facilities
  - Weather conditions
  - Lack of equipment
Infrastructural availability and conditions

- Presence, accessibility and conditions of facilities

“We have a court just right there and we don’t use it period because it’s not in a good state and I will never carry my students on that court...a lot of damages and injuries might come...”
[Shane, PE teacher]

- Weather conditions

“Another thing is that Antigua, it keeps raining. We were supposed to do PE on the field today and then it started raining.”
[Sean, Student]

“I can tell you one of the main deterrents to practicing physical activity is the heat. Yeah, the sun...”
[Sharon, PE Teacher]
FINDINGS

School policies and procedures

PA Opportunities

Role of PE

Human Resources
School policies and procedures

- **PA Opportunities**

  “…because of the packed academic schedule that is incorporating more physical activity into the day] kind of hard to implement. It would be very difficult and most challenging.” [Carl, PE teacher]

- **Role of PE**

  “…general PE is timetabled, so even if they get that little form of physical activity once a week, it is part of the timetable, so that exists to promote physical activity…” [Michelle, PE teacher]
Recommendations

- Support for students
- Improve current PA opportunities
- Offer more opportunities in the school day
- Enhance current facilities
- Add additional facilities/equipment/features
- Install features to support active transportation
- Improve school ambiance
Recommendations

• Support for students

• Improve current PA opportunities

• Offer more opportunities in the school day

Promotion of PA-related careers
Support relationships between PE teachers and coaches
Publicize PA-related events

Student Opinion
Use active periods effectively
Diversify activities
Support for PA-based academic subjects
Extend existing break time

Use of free periods
Incorporating fit breaks
Allot more time for PE
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