

## عنوان مقاله:

Physical Literacy of ۱۶-۱۸-Years Adolescents: A Qualitative Study

## محل انتشار:

مجله بین المللی کودکان، دوره 10، شماره 1 (سال: 1401)

تعداد صفحات اصل مقاله: 10

## نویسندگان:

Mansoure Alipour Anbarani - *Department of Public Health, School of Public Health and Safety, Shahid Beheshti University of Medical Sciences, Tehran, Iran*

Mohtasham Ghaffari - *Department of Public Health, School of Public Health and Safety, Shahid Beheshti University of Medical Sciences, Tehran, Iran*

ali Montazeri - *Health Metric Research Center, Iranian Institute of Health Sciences Research, ACECR, Tehran, Iran*

Amir Kavousi - *Workplace Health Promotion Research Center and Department of Epidemiology, School of Public Health and Safety, Shahid Beheshti University of Medical Sciences, Tehran, Iran*

Ali Ramezankhani - *Department of Public Health, School of Public Health and Safety, Shahid Beheshti University of Medical Sciences, Tehran, Iran*

## خلاصه مقاله:

**Background:** Physical literacy is required for achieving a healthy and active lifestyle among adolescents. Additionally, an improvement in physical literacy affects the prevention of the diseases caused by the lack of physical activity such as obesity and diabetes positively. So far, no comprehensive program has been developed and operated for enhancing adolescents' physical literacy although policymakers and stakeholders currently advocate physical literacy programs and interventions. The present study aimed to identify the dimensions and concept of the physical literacy of ۱۶-۱۸-year-old adolescents. **Methods:** The participants were selected purposefully with the maximum diversity among specialists in the health education and health promotion, and physical education specialists, as well as ۱۶-۱۸-year-old male and female adolescents until reaching information saturation. Further, semi-structured interviews were performed face-to-face with ۲۶ participants. Data were analyzed based on the content analysis of Graneheim and Lundman. **Results:** The results suggested four themes of self-care and information acquisition, comprehension, and assessment skills for adolescents' physical literacy and the participants mostly emphasized self-care skill. **Conclusions:** Based on the themes emerged in the qualitative study, the physical literacy of adolescents can be defined as a set of the skills for information acquisition, comprehension, assessment, and self-care to make the right decisions to maintain and improve physical activities. The study findings can be applied as a basis for educational interventions to strengthen adolescents' physical literacy.

## کلمات کلیدی:

Adolescent, Literacy dimensions, Physical literacy, Qualitative study

## لینک ثابت مقاله در پایگاه سیویلیکا:

