

BOOK OF ABSTRACTS



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21083 | Changing physical education curriculum into the development of an individual understanding of “being Fit”

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Abstract

Self-imagining is highly associated with the individual’s sense of well-being (Carvalho & Spamer, 2022). It represents the image and the idea of how each person sees themselves, and usually, a positive vision of their physical appearance may boost self-esteem and improve confidence. Therefore, as Physical Education is the only subject in school that attends corporeality as a pedagogical subject, PE teachers can have an essential role in developing body concept. In fact, school is a privileged place to promote healthy habits and construct an idea of “fit” adjusted to each individual (Harris et al., 2018) . This study aimed to capture students’ opinions, from a seventh-grade class, concerning the idea of “What’s being Fit?” and “How they see himself/herself bodies”. The participants were 21 students, aged between 12 and 14 years old (10 boys and 11 girls), from a school near the Porto city centre. Students were required to fill out a questionnaire entitled “How do you see your body?”, to analyse the level of satisfaction with their own body and physical appearance, and to draw or write, on a plain sheet, the idea of “What’s being Fit?”. The images and texts, and questionnaire answers were analysed using thematic analysis. The preliminary results showed that: 1) the images and texts created by the students are in line with a healthy lifestyle, referring to a healthy diet, defined/athletic bodies and regular sports practice; 2) being fit is not a consensual concept, and some of them defined it as “having a well-defined, strong and muscular body; being in shape; having a healthy diet, drinking water and with sleep”; 3) 23,8% of the students mentioned they were not happy with their appearance and 71,4% said they instead change something (to be skinnier and muscled and/or to adopt healthier habits). The idea of “being Fit” needs to be considered at school, namely in PE, to help students to adjust it to their own needs throughout life.

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Keywords: Physical Education; Physical Activity; Student; Self-image.

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References

Carvalho, R., & Spamer, F. (2022). Impacto das mídias sociais sobre autoimagem e autoestima de jovens.