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Building resilience in physical activity during the transition to adulthood: unravelling the opportunities

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INTRODUCTION

Physical activity and health

- 80% of adolescents are inactive and educational policies are misguided (Guthold et al., 2020);
- Moderate and vigorous physical activity (MVPA) has a significant impact on health (Poitras et al., 2016);
- MVPA engagement is a complex process that evolves over time with life transitions (Gropper et al., 2020).

Resilient behavior

- "The ability of a dynamic system to adapt successfully to disturbances that significant life events can have major effect of them" Mastens, 2014;
- Moving beyond reactive resilience towards proactive resilience (Quenault, 2013): better knowledge to anticipate rather than react.

Daily opportunity for PA: a new way to explore adolescents' PA engagement (Derigny et al., 2022).

RESEARCH QUESTION

What physical practice opportunities characterize physical activity resilient populations?

DATA COLLECTION PROCESS: longitudinal follow-up

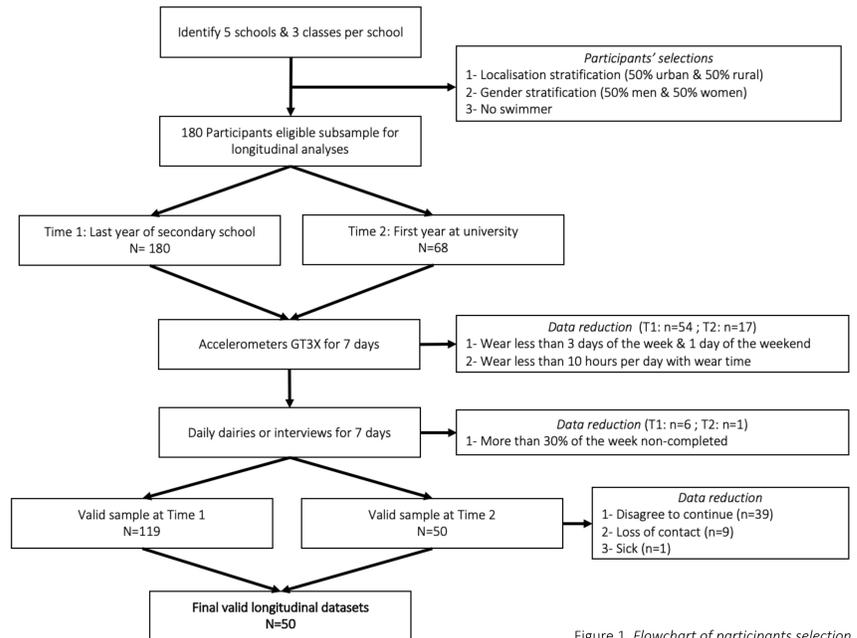


Figure 1. Flowchart of participants selection

RESULTS AND DISCUSSIONS

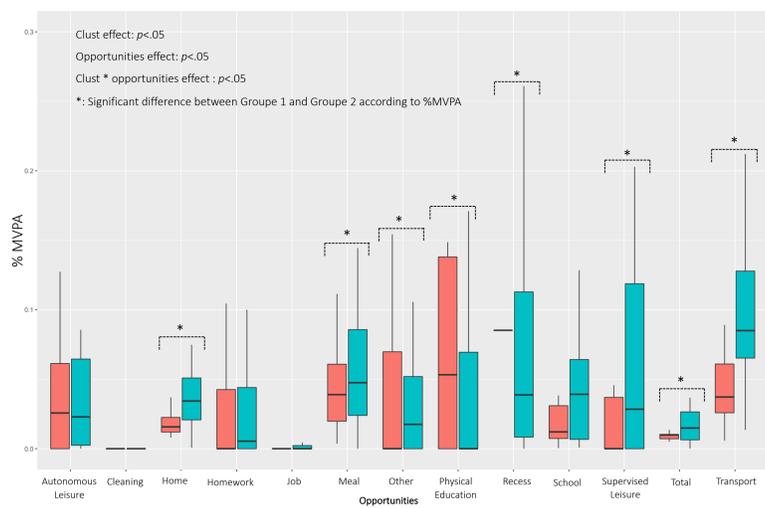


Figure 2. Boxplot cluster * opportunities according to Δ MVPA

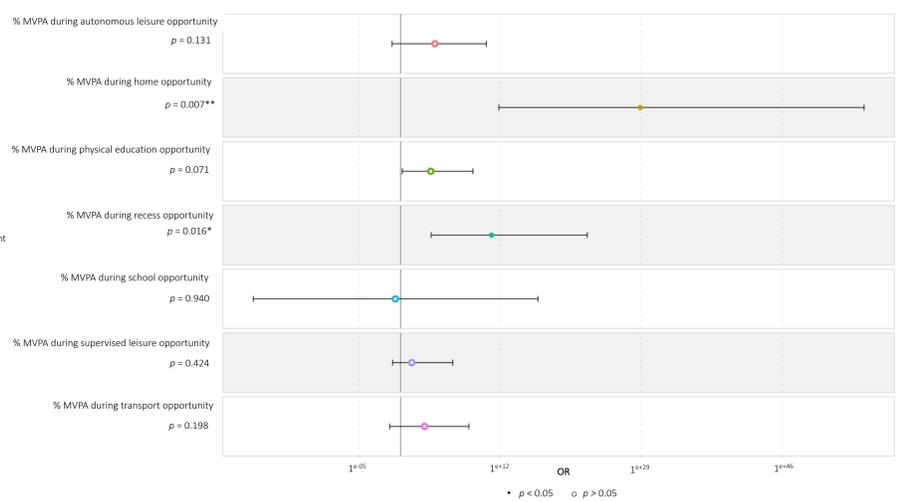


Figure 3. Odds ratio to move beyond cluster resilient

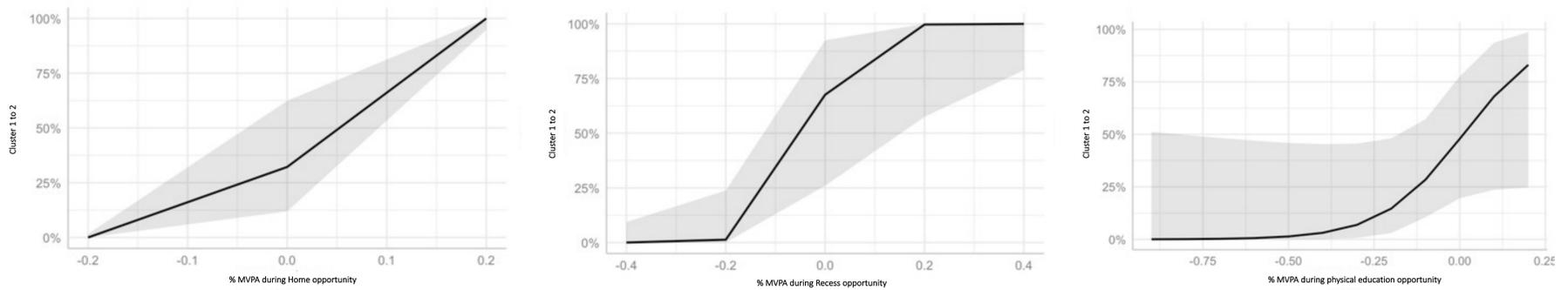


Figure 4. Predicted probabilities to move beyond cluster resilient with an increase of % MVPA in home, recess and physical education lesson

PERSPECTIVES & CONCLUSION

- This study confirmed the adaptive and proactive aspects of PA resilience;
- This study suggested that current policies to promote PA should combine (i) quantity of practice, (ii) diversity of opportunities and (iii) quality education to facilitate PA resilient behaviour;
- Preliminary results of the first cohort.

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