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RELATIONSHIP BETWEEN PHYSICAL LITERACY (PL), FAT MASS AND PHYSICAL ACTIVITY (PA) LEVEL IN MIDDLE SCHOOL STUDENTS

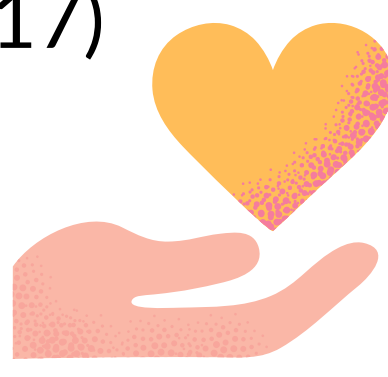
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INTRODUCTION

In 2021 the health report of adolescents is worrying

- 15% of boys and 18% of girls are overweight and obese (Verdot et al., 2017)
- A decrease in the number of 11-14 year olds reaching PA recommendations (-8% for girls and -2% for boys in 4 years) (Verdot et al., 2020) and a decrease in their physical fitness (Vanhelst et al., 2020)



It is therefore important to find strategies to increase active behaviours among school children (Simon et al., 2014)

Physical literacy :

"The motivation, confidence, physical competence, knowledge and understanding that an individual possesses that **enables them to value and take ownership of their commitment to lifelong physical activity**" (International Physical Literacy Association., 2014)

- LP level is a positive determinant of health among adolescents (Caldwell et al., 2020)
- LP level is positively associated with PA participation (Brown et al., 2020)
- In adolescents, the higher the LP level, the better the physical condition (Lang et al., 2018)
- There is a negative association between health literacy and obesity in adolescent aged 10-12 years (Kanellopoulou et al., 2020)

A good LP level means having good motor and psycho-motivational skills to adhere to PA throughout one's life (Sum et al., 2018)

- ✗ However, none of these relationships have been shown in French schoolchildren
- ✓ The hypothesis is that LP levels are positively associated with physical fitness and PA levels and negatively associated with fat mass in French adolescents.

METHOD

- Cross-sectional study as part of a 3-year project to manage overweight and obese adolescents through adapted physical activity: CAPACITES 64

- The measurements were carried out on pupils in the 6th grade (10-13 years old) at the Marracq school in Bayonne (64). These pupils had no severe disabilities or neurological problems. The evaluations took place between February and June 2021

Anthropometric data :

Height, weight
(Cole et al., 2000)

Impedance measurement:

The medical impedance meter " Biody XpertZMII ", AMINOGRAM.
The data retained: **fat mass (%)**, **lean mass (%)** and **skeletal muscle mass (%)** (Talma et al., 2013)

Perceived Physical Literacy Instrument (PPLI) (Sum et al., 2016) :

The level of physical literacy was assessed through a self-administered questionnaire. (Gandrieau et al., in submission). **The total literacy score, between 0 and 45.**

Shuttle walk/run test over 20m (Quinart., 2015): Assessment of **cardiorespiratory fitness**, adapted shuttle test (Leger et al., 1988). Two indicators: **maximum aerobic speed (km/h)** and **estimated VO2 (ml/kg/min-1)**

Youth Risk Behaviour Surveillance System (YRBSS) (Guedes et al., 2010) :

The PA levels of the schoolchildren were assessed using a self-administered questionnaire. Crude and intensity-adjusted physical activity levels (min/week)

RESULTS

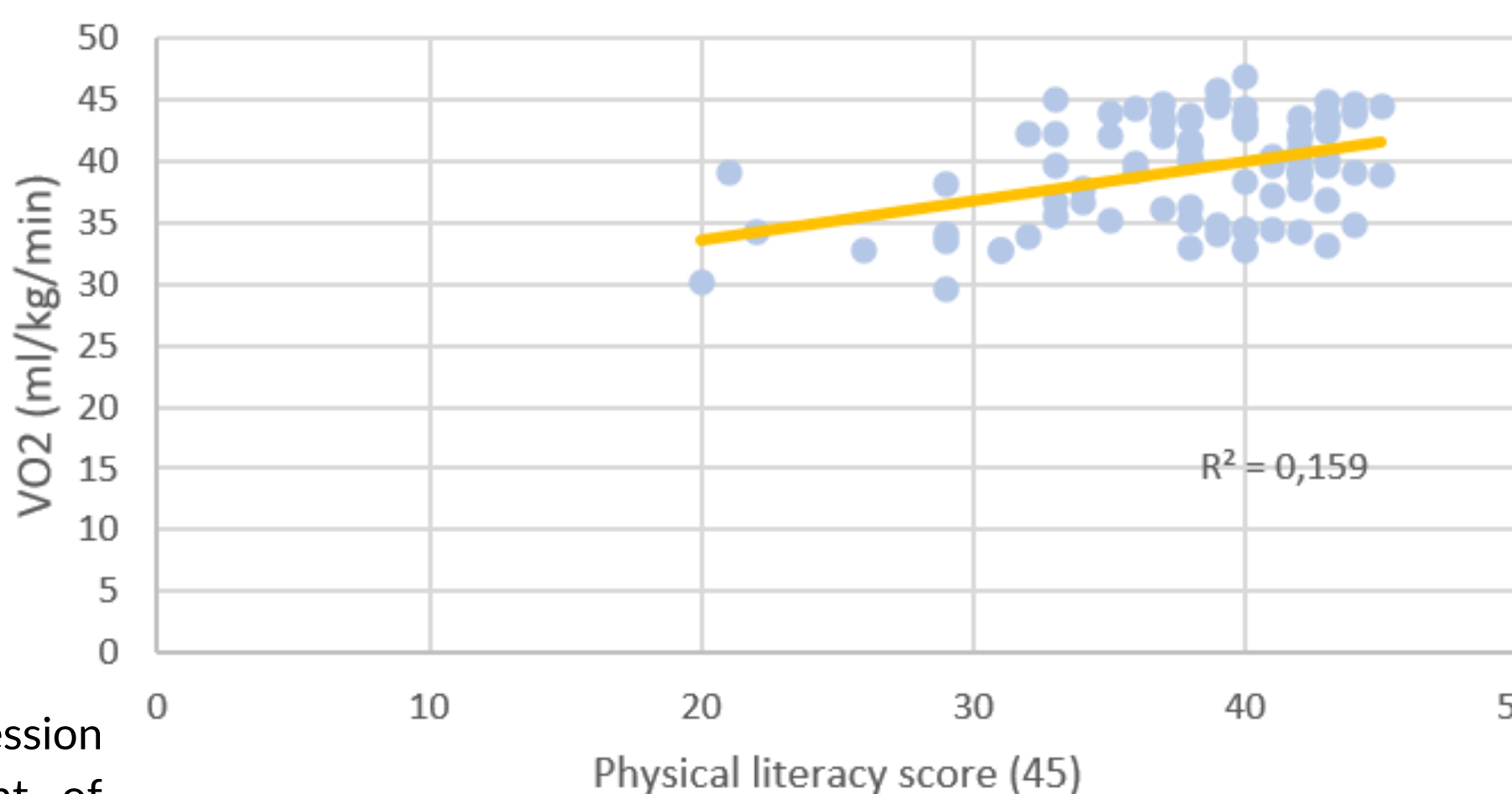
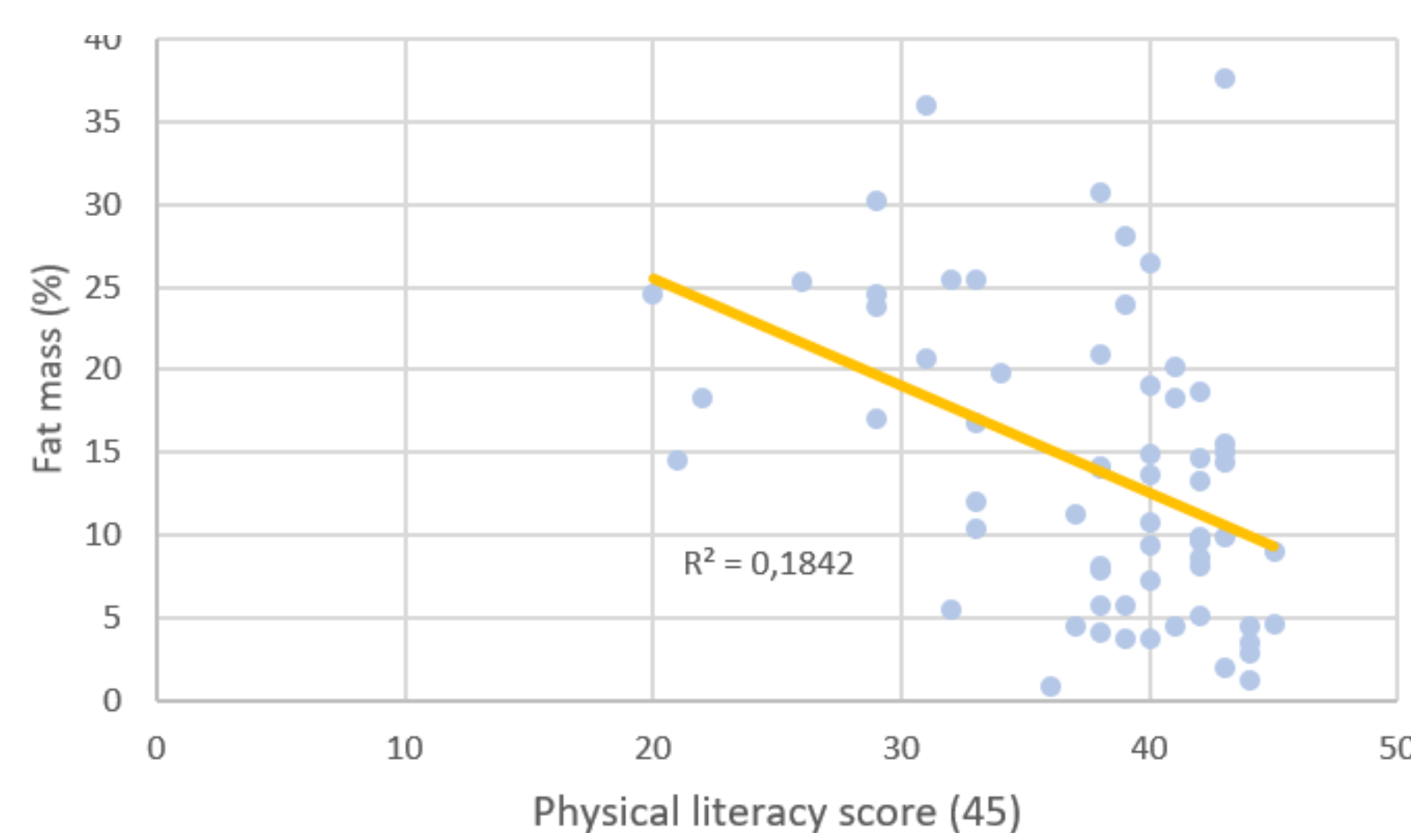
85 schoolchildren
12.12 (±0.4) years old
38% girls / 62% boys

84,7% normal weighted
9,4% overweight
3,5% obesity
2,4% underweight

Relationship between LP, fitness and PA levels and weight status

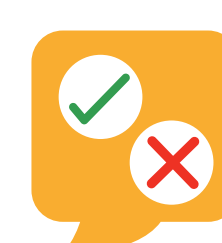
Variable	B (95% IC)	r ²	p-value
PL score			
FM	-0,64 (-0,99 ; -0,30)	0,18	<0,001
SMM	0,34 (0,11 ; 0,57)	0,13	<0,001
Physical fitness (VO2)	0,31 (0,16 ; 0,47)	0,16	<0,05
Ajust PA time (min/sem)	12,50 (6,52 ; 18,48)	0,19	<0,001

FM: fat mass; SMM: skeletal muscle mass; B: regression coefficient; CI: confidence interval; r²: coefficient of determination; p-value: probability of rejecting the null hypothesis (p=0.05)



DISCUSSION

- A **negative and significant** association between LP and body fat ($\beta = -0,61$)
- **No association** between LP and BMI ($\beta = 0,05$)
- A **positive and significant** association between LP and physical fitness ($\beta = 0,31$) as well as between LP and PA time ($\beta = 12,50$)



Adolescents with the **lowest levels of LP** are those with the **highest levels of body fat**

Caldwell et al., 2020

Adolescents with the **lowest fitness level had the lowest LP scores**. Furthermore, this result is found between **skeletal muscle mass and LP**

Lang et al., 2018

Adolescents with the **least amount of PA time per week** had the **lowest LP scores**.

Brown et al., 2020

Limits

- Modest sample size
- Only a perceived evaluation of the LP
- A subjective assessment of PA levels
- Work still in progress on the reliability of anthropometric data

CONCLUSION / PERSPECTIVES

LP is negatively associated with body fat and positively associated with physical fitness and PA level. **Based on these results, the CAPACITES 64 management programme and its longitudinal follow-up can be started. It will aim to develop physical literacy in adolescents with a risk profile to increase their physical activity levels and improve their long-term health.** This project will be built around evaluations, physical activity sessions and education sessions on key health behaviours.

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