

# Kino-Québec Research Chair on the Adoption of a Physically Active Lifestyle in School Contexts

## Mission

**Chairholder:** Professor Sylvain Turcotte, Université de Sherbrooke

The mission of the Kino-Québec Research Chair is to develop a better understanding of the processes that lead to the adoption of a physically active lifestyle by children in school contexts. The work carried out by the Chair unfolds around two areas.

## Objectives

**To advocate** for the adoption of a physically active lifestyle by children in school settings, in order to favor overall student development, educational success, good individual behavior, health, wellness and a healthy lifestyle.

**To document** the use of interventions and structures that contribute to the development of students from both primary and secondary levels and that involve the family and the community.

**To support** physical education and health teachers as well as all school and out-of-school actors involved.



## Research areas

### Area 1

**Leader:** Professor Félix Berrigan

**Intervention strategies** implemented by school and out-of-school actors.

### Area 2

**Leader:** Professor Sylvie Beaudoin

**Professional development**, including initial training and continuing education of stakeholders.





Only 35% of Canadians aged 5 to 17 achieve the 60 minutes of physical activity they need each day.

(Source: ParticipACTION, 2018).

## Partnerships and contributions

This Chair consolidates a partnership with the Quebec Ministry of Education and Higher Education. Various research projects are currently underway, including the *Analysis of the Implementation of the Measure 15023 - At School, We Move!* (2018-2023) and *the Study on Needs, Success Factors and Barriers to Regular Physical Activity in Schools* (2018-2019).

The researchers associated with the Chair regularly participate in knowledge mobilization activities. For example, their regular contribution to continuing professional development activities, collaboration with organizations that promote the adoption and maintenance of a physically active lifestyle and participation in the project *Healthy and Active Lifestyle* of the LAB-School.

## How to help the Chair's mission

By advocating the creation of a physically active environment in school contexts.

By acting as a change agent within schools.

By sharing best practices for promoting an active lifestyle.

By collaborating with research projects led by the team.

## Benefits

Better alignment of different stakeholder practices (school, university, extracurricular).

Better collaboration between stakeholders.

Contribution to the quality improvement of student experience relating to the adoption of a physically active lifestyle.

Development and implementation of educational activities to support future teachers and future physical education and health teachers.

The **Université de Sherbrooke** is the only university in Quebec to have a distinct Faculty of Physical Activity Sciences. Its mission is to educate and support individuals and populations in the practice of physical and sports activities, by adopting and maintaining healthy lifestyle habits and improving their health.

## Partners



FACULTÉ DES SCIENCES  
DE L'ACTIVITÉ PHYSIQUE

### Information

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