



## Effect of 6 Months Online Physical Activity Education on Physical Literacy of Adolescents at Social Distancing of Covid-19 Pandemic

### Poster Presentation

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### Abstract

**Introduction:** The social distancing caused by the Covid-19 pandemic, while a necessary action, had many negative effects on the lifestyle, physical activity levels, and health of adolescents (Pietrobelli et al. 2020). The need to deal with the negative consequences of these restrictions was the use of online capacities in classes and physical activity, which are used in many countries, including Iran. Therefore, the aim of this study was to investigate the effect of 6-month online physical activity interventions on adolescents' physical literacy during the covid-19 pandemic.

**Methods:** The sample studied in the present study was 196 adolescents aged 15-12 years (mean age: 13.73±0.88) from a school in Tehran selected by convenience sampling. Changes in subjects' physical literacy were assessed using the Adolescents Physical Literacy Questionnaire (APLQ; Mohammadzadeh et al. 2021) as an online form at the pretest and post-test. The program of physical activity interventions was done online through the subjects' mobile phones for six months, which included home-based physical activity training (aerobic fitness, muscular endurance, strength, agility, balance, flexibility, etc.) that focused on improving physical fitness, physical activity level, reducing sedentary behavior (Parastesh, Moradi, 2020; Bentlage et al., 2020).

**Results:** The results of paired sample t-test showed that the physical, psychological, knowledge, and total physical literacy scores improved significantly during six months of interventions ( $p < 0.05$ ), but no significant difference was observed in weight and body mass index scores ( $p > 0.05$ ).

**Conclusion:** The present study showed that despite the limitations in space, facilities, presence of a coach, etc., providing online targeted physical activity with emphasis on the activity at home could improve the level of physical activity, physical fitness, motivation, and physical literacy of adolescents, and Help people to reduce the negative effects of quarantine restrictions due to the Covid-19 pandemic.

### Keywords

Physical literacy; Active life style; Adolescents; Online Education; COVID-19

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