

## Influence of Perceived Physical Literacy on Coaching Efficacy and Leadership Behavior

Dear Editor-in-chief

I have read with enthusiasm an article by Li et al. (2019) in the March 2019 issue titled (“Influence of Perceived Physical Literacy on Coaching Efficacy and Leadership Behavior: A Cross-Sectional Study”). This study primarily focuses on how physical literacy has revolutionized to influence more physical activity, better health, and exceptional physical education for children. The research found that incorporating more physical literacy as a form of guiding ideology in certain programs like physical education, demonstrates a positive response in motivation, competence, confidence, and certain values to employ in physical activity all throughout life. The findings are theorized that individuals with physical literacy will have excellent chances in order to grow healthier in a variety of domains like psychosocial, mental, and physical (Corbin, 2016; Giblin et al., 2014; Longmuir and Tremblay, 2016; Roetart and MacDonald, 2015, p. 82). However, some distinct points should be considered in order to encourage further discussion.

Today, there are many concerns regarding physical literacy and it's correlation to obesity and living a healthy lifestyle. As young children continue to attend physical education classes all around the world, it is essential to further this research on how improved physical education classes and physical literacy will affect them developmentally in order to gain the skills required for a good life experience. The study by Li et al. (2019) accomplishes this through studying numerous participants who performed a specific questionnaire that was developed from a Perceived Physical Literacy Instrument. The responses based on a 5-point Likert scale rated the participant's agreement on knowledge and understanding as well as communication, which showed great reliability (Li et al., 2019, p. 84). Based on these findings supplied by the questionnaire, it suggests that more attention to physical literacy must be placed upon younger children in physical education courses to emphasize a sense of self, confidence, and knowledge in order to have a better future lifestyle. The study underscores the need for earlier intervention.

While the importance of physical literacy is made clear in increasing a sense of self and confidence, it would be extremely interesting to extend this research even further. For example, would early intervention of physical literacy positively affect the development of a child? If younger children who attended physical education classes in school were given the opportunity to increase their physical literacy approach, would they experience a multitude of anticipated benefits? Movement is essential in childhood development; therefore, this idea of increasing physical literacy also optimizes early brain and motor development. Physical literacy not only is limited to progressing physical skills, but also considers affective and cognitive

elements, which develops physical competence (Edwards et al., 2017, p. 123).

This idea is supported in an article written by Giblin et al. (2014, p. 1182) where physical literacy is a pertinent concept in pedagogical education terms and interlinks many skills of learning such as behavioral, psychological, and physical. Including an inclusive approach to physical literacy would perhaps be more successful for the future success of the development of the young child.

Physical literacy is an important factor to consider because not only can improved physical literacy lead to a healthier lifestyle, but such can encourage childhood brain development leading to a better quality of life. This can decrease the possibility of obesity as well as increase the possibility of future productivity, savings to healthcare, and energy expansion (Giblin et al., 2014, p. 1177). Additionally, using materials such as equipment, and outdoor items encourages the curiosity of younger children, which in turn encourages creativity, and innovation, which helps to gradually introduce the idea of physical literacy (Clements and Schneider, 2018, p. 61). However, the scarcity of school compliance makes incorporating physical literacy in a 150 min a week program extremely challenging (Castelli et al., 2015, p. 158). By addressing these challenges, embodied capability, motivation, responsibility, and interdependent constructs have a high potential of being developed and displayed through the mind and body.

### Renee DeResh

Health Studies, Utica College, 1600 Burrstone Rd, Utica, NY 13502, USA. **E-mail:** rederesh@utica.edu

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