

P076 **Pupils' preferences for health-related exercise activities in physical education lessons**

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PURPOSE: The continued concern over young people's health and physical activity levels highlights the importance of educating young people about how to make healthy lifestyle choices. In UK physical education (PE), health-related exercise (HRE) is the aspect of the curriculum that is concerned with teaching young people knowledge, skills and understanding for lifelong physical activity participation. Previous research has focused on PE teachers' views about HRE lesson content. As a result, little is known about pupils' preferences for HRE activities. The purpose of this research was to explore pupils' preferences for HRE activities in secondary school PE lessons.

METHOD: Forty-seven pupils (35 male, 12 female; 11-16 years) from four secondary schools participated in a qualitative multi-site design that utilised semi-structured interviews. Interview transcripts were transcribed, coded and analysed.

RESULT(S): Circuit training was the most popular HRE activity reported by pupils (25.7%) because it was enjoyable, allowed for the delivery of in-depth HRE content, and provided the opportunity to undertake a variety of tasks within a lesson. Athletic-type activities and the multistage fitness test were the next most popular (21.4% and 17.1%, respectively).

CONCLUSION(S): The results provided an important insight into pupils' HRE activity preferences. Knowledge of pupils' preferences for HRE activities provides a basis for future planning and development of meaningful and effective programmes. The development of such programmes across schools in the UK cannot be underestimated given the declining physical activity levels in young people. Practitioners and curriculum planners should consider 'pupil voice' when implementing future HRE programmes.

P077 **Psychometrics of new scales of parenting practices to encourage or discourage Hispanic preschool children's physical activity**

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PURPOSE: Develop and assess the psychometrics of a new instrument for parenting practices (PP) that encourage or discourage physical activity (PA) in Hispanic preschool children.

METHOD: Cross-sectional study of 240 Hispanic parents who reported their demographics and frequency of using PP that encourage (structure and encouragement) or discourage (promoting inactivity, psychological control, safety concerns) their 3-5 year old child's PA (38 items). Test-retest reliability was assessed in 20% who completed the questionnaire a second time, 2 weeks later. Confirmatory factor analyses (CFA) assessed the fit of a-priori and revised models.

RESULT(S): 95% of respondents were mothers; 42% had more than a high school education. Child mean age was 4.5 (± 0.9) years (52% male). The a-priori 5 sub-factor model had poor fit. Items that did not load well (factor loadings < 0.3) or loaded on multiple factors were dropped. Factors that highly correlated were combined. The final CFA for Encouraging PA PP had one multiple-item scale, encouragement/structure (15 items), and two single-item scales (have outdoor toys; not enroll in sport) (RMSEA 0.060, CFI 0.90, NNFI 0.90). The final CFA for discouraging PA PP had 4 subscales: promote inactive transport (3 items), promote screen time (3 items), psychological control (4 items) and safety (4 items) (RMSEA 0.041, CFI 0.95, NNFI 0.94). Test-retest reliability (ICC) ranged from 0.56-0.85.

CONCLUSION(S): The final models for encouraging and discouraging PA PP had moderate to good fit, with moderate to excellent test-retest reliabilities. This new instrument should be further evaluated to assess its association with children's PA.

P078 Differences between 9-11 year old British Pakistani and White British girls' physical activity and sedentary behaviour

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PURPOSE: British South Asians are less physically active than their White British counterparts. There is self-report evidence suggesting that physical activity levels of British Pakistani girls are particularly low. This mixed-method study aimed to provide objective measurements of physical activity and sedentary time, and self-reported activity behaviour of British Pakistani and White British girls aged 9 to 11 years.

METHOD: Eighty-two British Pakistani and 82 White British girls were recruited from seven primary schools in North-East England. Accelerometry was used to collect objective measurements of physical activity and sedentary time for four days. Three previous day activity recalls were used to collect self-reported activity behaviour.

RESULT(S): British Pakistani girls accumulated: 148 (95% CI: 95, 201) fewer counts per minute, per day; 19 (95% CI: 11, 26) fewer minutes in moderate-to vigorous physical activity and 5% (95% CI: 3, 7) more sedentary time, compared with White British girls. According to activity recalls British Pakistani girls accumulated: 14 (95% CI: 0.4, 28) fewer minutes, per day, in sport and exercise; 24 (95% CI: 13, 37) fewer minutes in outdoor play and 4 (95% CI: 0.1, 8.3) fewer minutes in active modes of school transport. There was no significant difference in screen time.

CONCLUSION(S): British Pakistani girls were less physically active and more sedentary, compared with White British girls, which may contribute to greater risk of type 2 diabetes and cardiovascular disease in British Pakistani women. Interventions are needed to address this ethnic group difference.