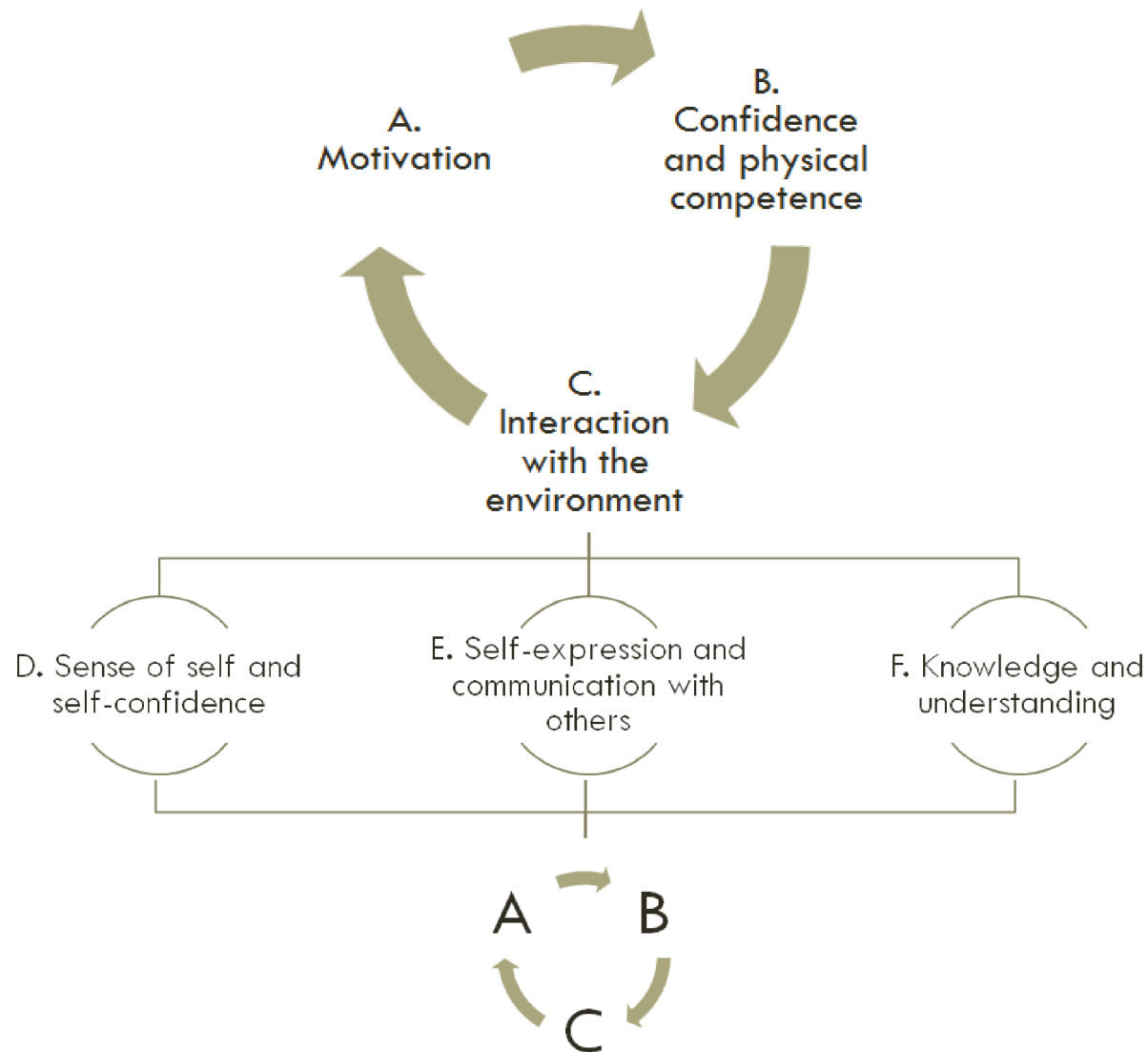
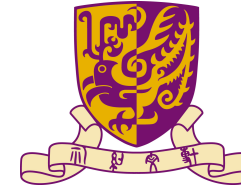


Sport and Society
Research Group,
SSPE, CUHK

Getting Up Close with Taoist–Chinese Perspectives on Physical Literacy

Sum Kim Wai Raymond, Associate Professor,
Department of Sports Science and Physical Education,
Chinese University of Hong Kong

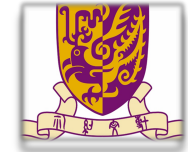
積聚博知
思量當需
海傳瞻求



Attributes of Physical Literacy

(Whitehead, 2010)

(ICSSPE) International Council of Sport Science and Physical Education Bulletin No. 65 (2013)



Feature: "Physical Literacy"



It is hoped that learners will grasp:

- that they need to develop their physical potential to experience the satisfaction of progress and success in purposeful physical pursuits
- that they need to exercise their ability to make choices and to control the procedures needed to achieve goals that the person values
- the importance of taking responsibility for their own well being

That they will see that:

- participation in physical pursuits can enhance sense of vitality, dynamism, energy and wellbeing
- being active can be rewarding and pleasurable and develop a commitment to an active lifestyle

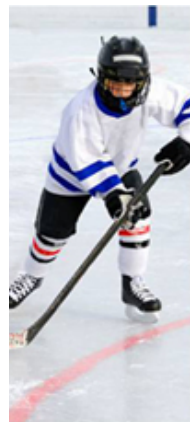
That they will make sense of:

- the need to explore participation in a wide range of purposeful physical pursuits and thus widen their life choices
- the notion that regular participation in purposeful physical pursuits develops a resource that enhances all round health and well being and that this will be of benefit to them throughout the life-course and into old age.

Physical Literacy

Physical literacy

is the...



Skills

+



Confidence

=



Fun

=



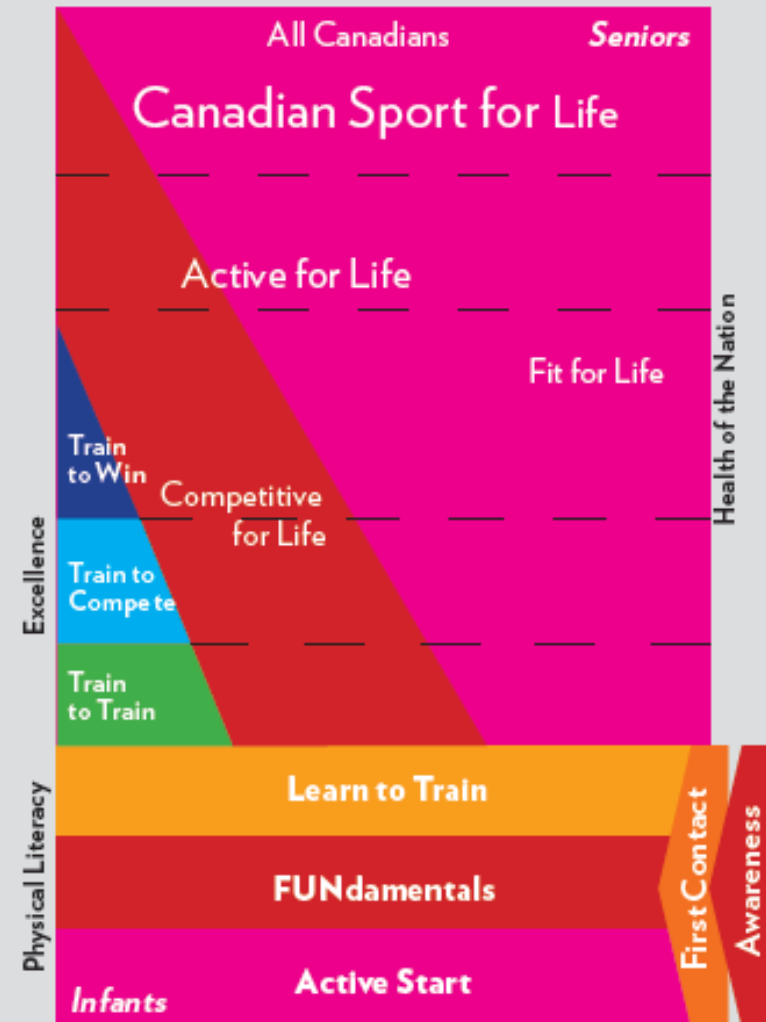
**Active
for Life**

(CS4L, 2014)



Canadian Sport for Life (CS4L, 2014)

Figure 1: The current LTAD model being used by Canada Sports for Life and many other organisations around the world¹.



Aspen Institute (2015)



SPORT FOR ALL, PLAY FOR LIFE MODEL BROAD ACCESS LEADS TO SUSTAINED PARTICIPATION

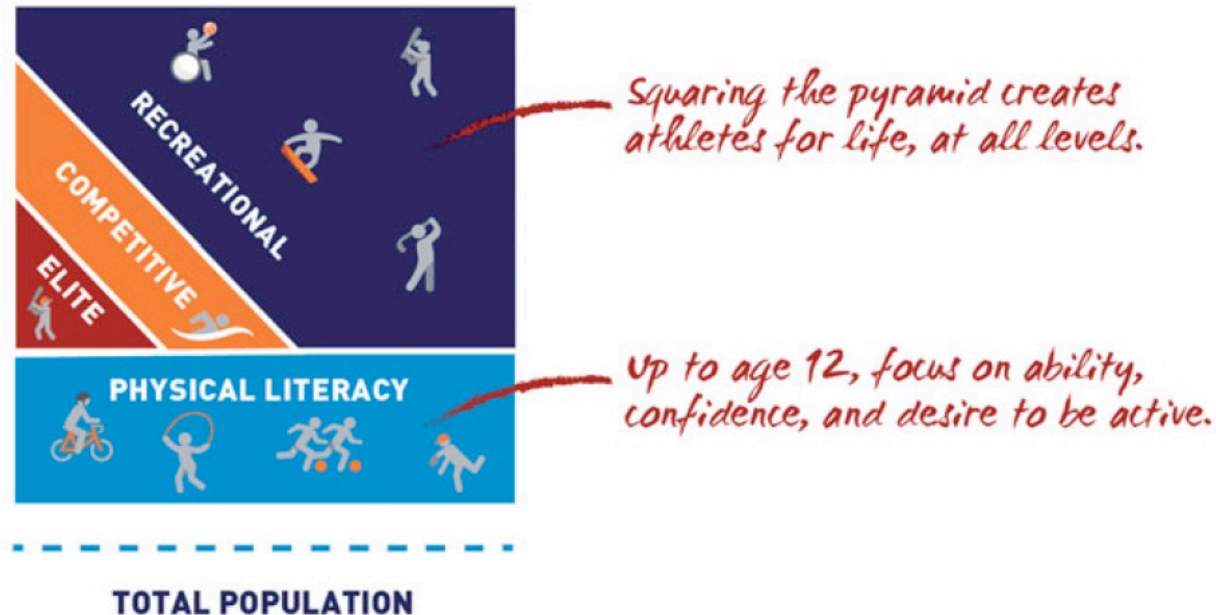
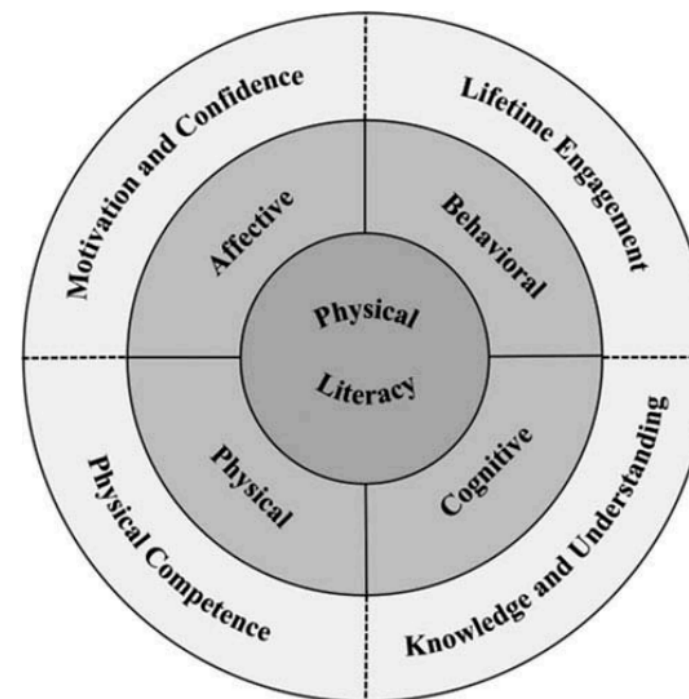
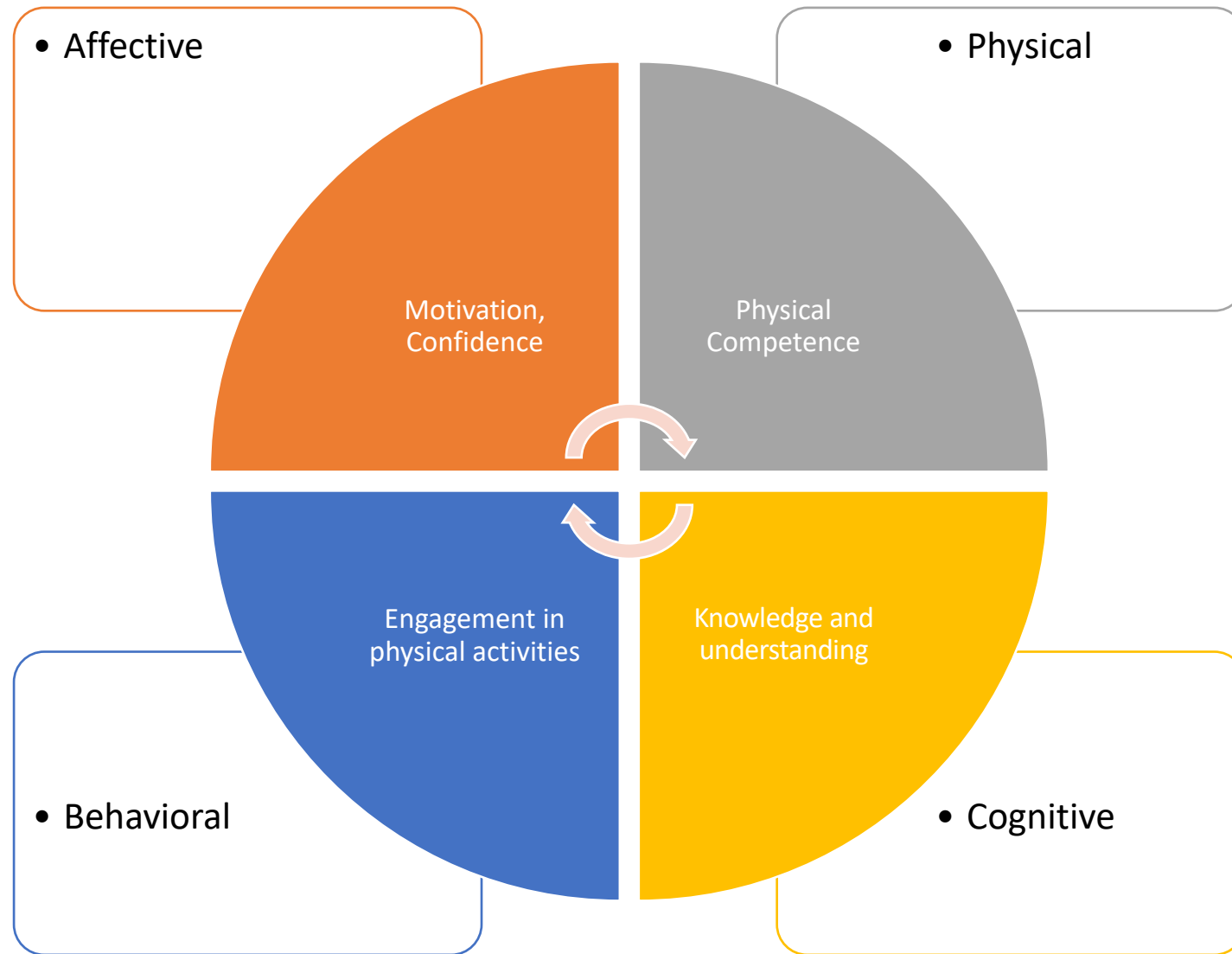


Figure 2. Aspen Institute Project Play, Sport for All, Play for Life: A Playbook to Get Every Kid in the Game; <http://youthreport.projectplay.us> (Aspen Institute, 2015b).

An effective physical literacy assessment instrument should address physical literacy's four elements (**holistic approach**) : *Affective, Behavioral, Cognitive, and Physical*

(Robinson and Randall, 2017; Whitehead, 2010)

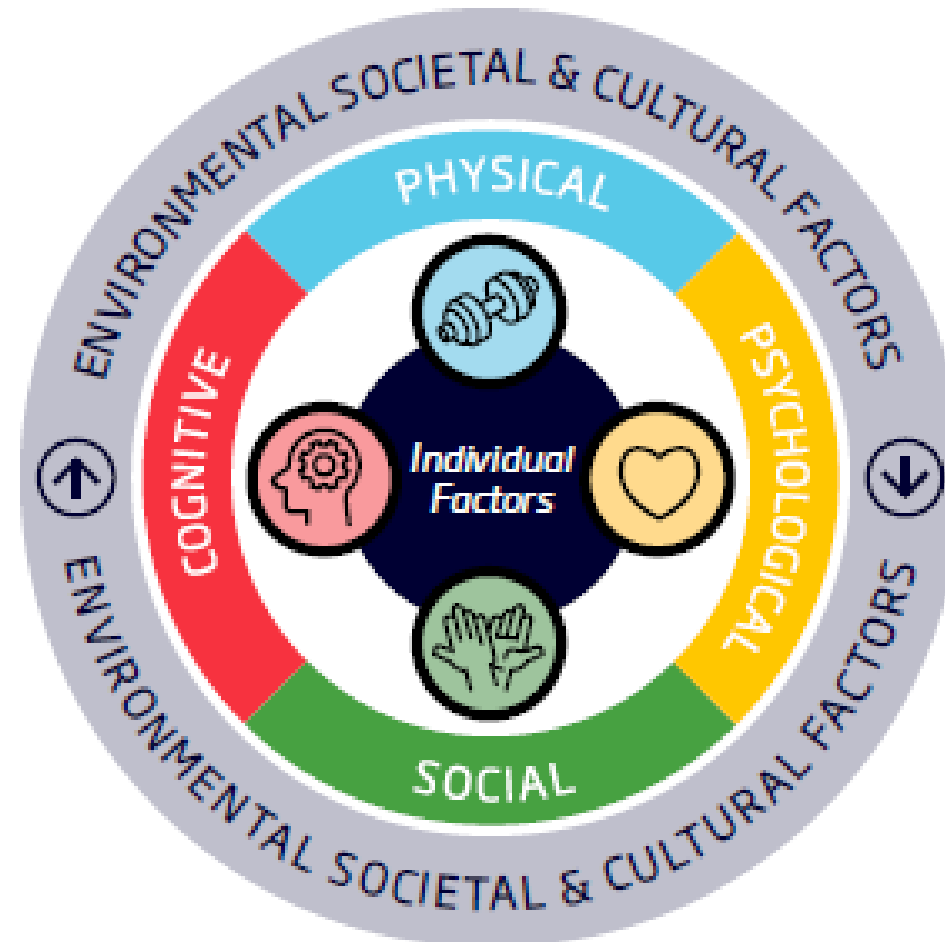




Attributes of Physical Literacy

(IPLA, 2017;
Robinson, Randall & Barrett, 2018)

Australian Physical Literacy Standard (2017)



Guidelines for the Selection of Physical Literacy Measures in PE in Australia (Barnett et al., 2019)

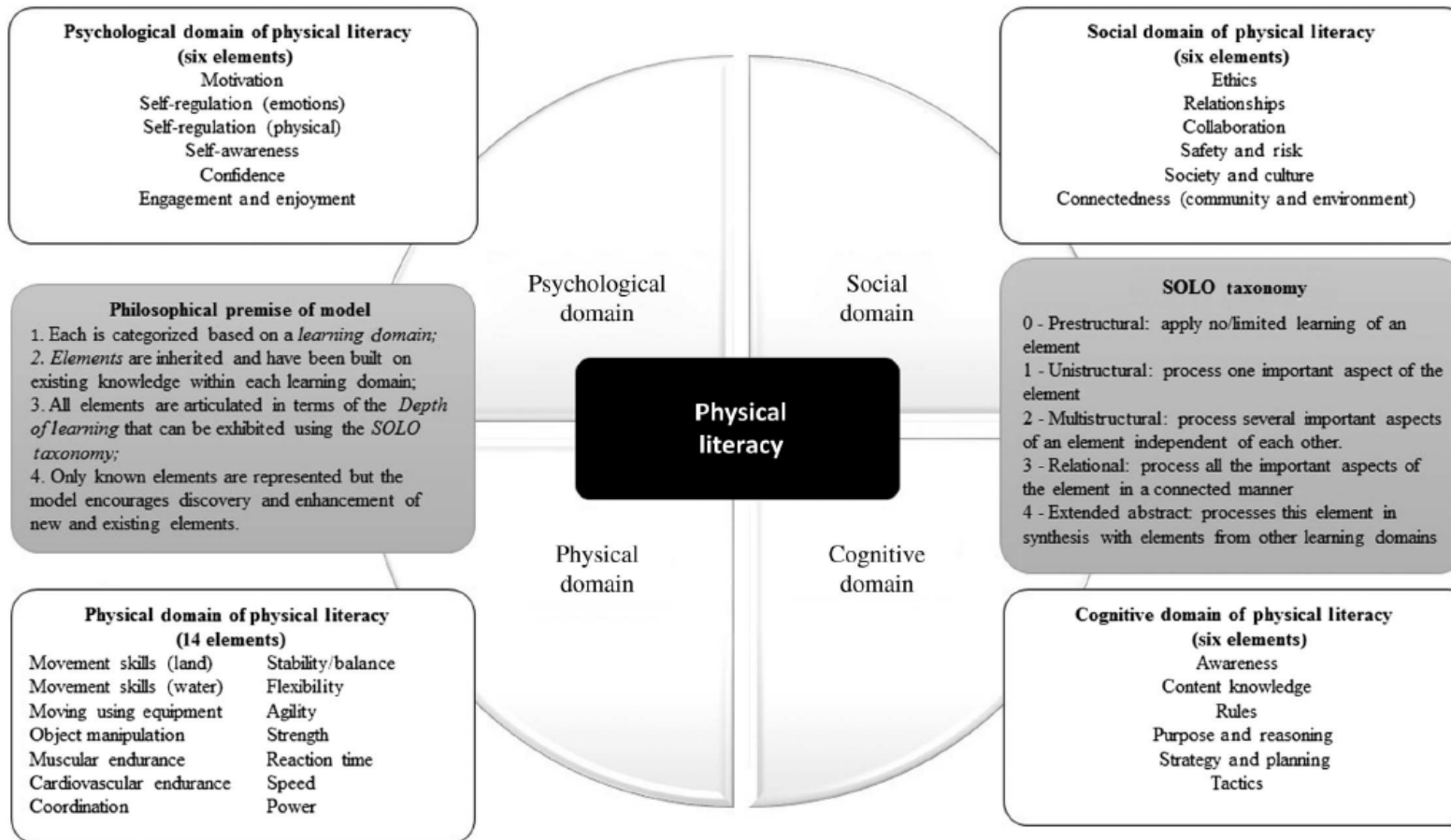


Figure 1 — Model of physical literacy construction. SOLO= structure of observed learning outcomes.

Physical Literacy, Physical Activity and Health: Toward an Evidence-Informed Conceptual Model (Cairney et al, 2019)

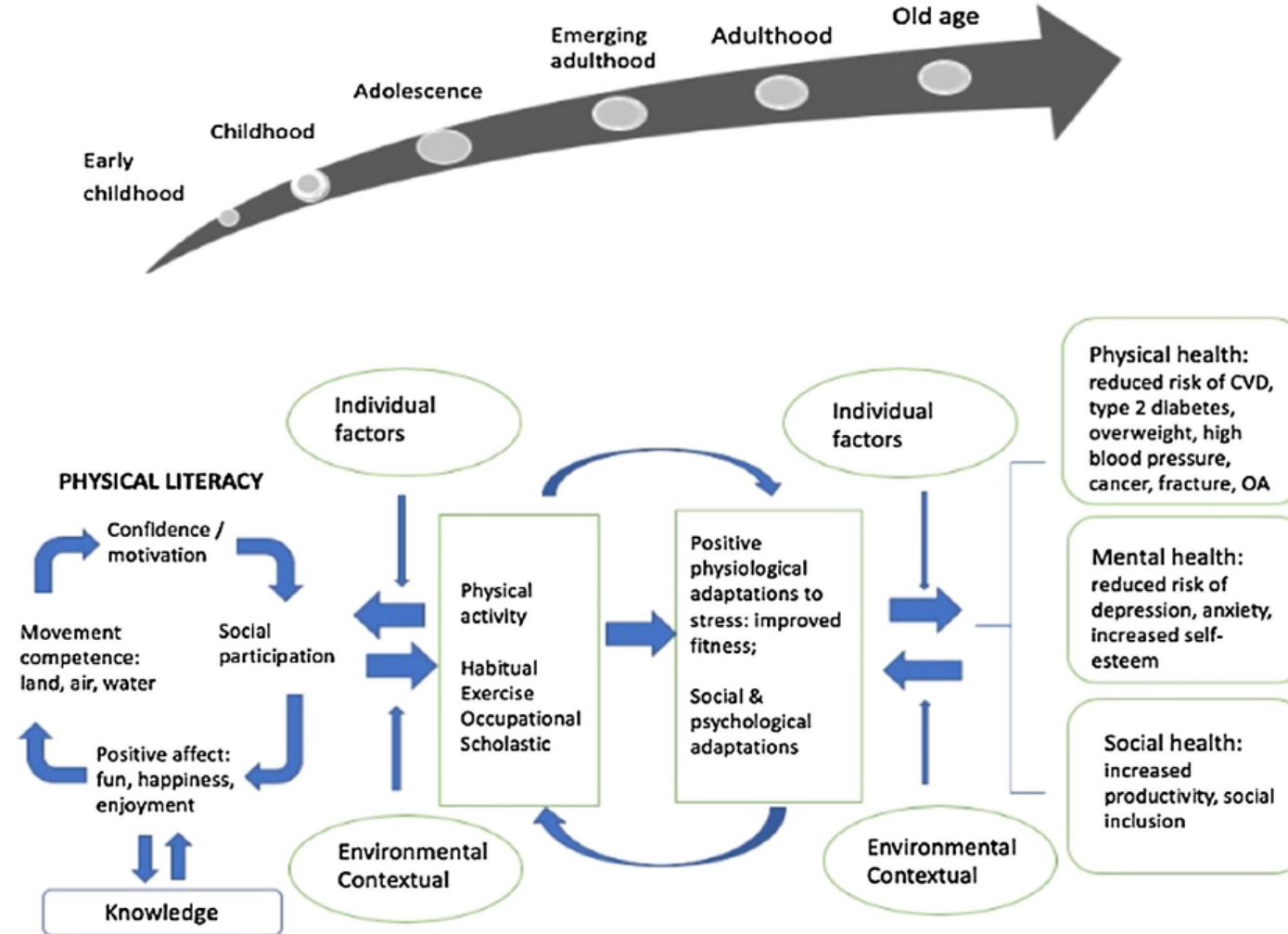


Fig. 1 Conceptual model linking physical literacy, physical activity and health. CVD cardiovascular disease, OA osteoarthritis

Word Cloud – PL worldwide



Has the term 'Physical Literacy' globally defined?

Physical Literacy: A Global Environmental Scan



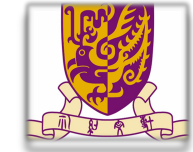
THE ASPEN INSTITUTE
PROJECT PLAY

Table 1 International Definitions of Physical Literacy

Group	Country of Origin	Reference/Web Link	Adopted Definition of Physical Literacy
International Physical Literacy Association (IPLA)	United Kingdom	IPLA (2017) https://www.physical-literacy.org.uk/	Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life
Sport Wales	Wales (United Kingdom)	Sport Wales (2017) http://physicalliteracy.sportwales.org.uk/en/	Physical Skills + Confidence + Motivation + Lots of opportunities = Physical Literacy
Physical and Health Education (PHE) Canada	Canada (Montreal)	PHE Canada (2017) http://www.phecanada.ca/programs/physical-literacy/what-physical-literacy	Individuals who are physically literate move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person
Canadian Sport for Life (CS4L)	Canada (Toronto)	CS4L (2017) http://sportforlife.ca/qualitysport/physical-literacy/	Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life
Society of Health and Physical Educators (SHAPE)	United States	Mandigo et al. (2012) http://www.shapeamerica.org/events/physicalliteracy.cfm	Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person
Sport New Zealand	New Zealand	Sport New Zealand (2015) http://sportnz.org.nz/about-us/who-we-are/what-were-working-towards/physical-literacy-approach	The motivation, confidence, physical competence, knowledge, and understanding required by participants that allows them to value and take responsibility for engaging in physical activity and sport for life
Australian Sport Commission	Australia	Australian Sports Commission (2017) http://ausport.gov.au/physical_literacy	Four defining statements: 1. Core/process: Physical literacy is lifelong holistic learning acquired and applied in movement and physical activity contexts 2. Components/constructs: It reflects ongoing changes integrating physical, affective (subsequently renamed "psychological"), cognitive, and social capabilities 3. Importance: It is vital in helping us lead healthy and fulfilling lives through movement and physical activity 4. Aspiration/product: A physically literate person is able to draw on their integrated physical, affective, cognitive, and social capacities to support health promoting and fulfilling movement and physical activity—relative to their situation and context

Shearer et al , 2018

Mainland China



Publication of some PL articles in Chinese

文章编号:1000-677X(2017)0
DOI: 10.16469/j.css.2017060

文章编号:1000-677X(2016
DOI: 10.16469/j.css.2016



对我国体育素
——基于对P
Understanding
——On the Persp

加拿大体育素
The Canadian /
Literacy and It

陈思同¹, 刘 阳¹, 唐
CHEN Si-tong¹, LIU Y

陈思同, 刘 阳
CHEN Si-tong, LIU

DOI:10.14036/j.cnki.cn11-4513.2



• 体育教育研究

Ph 体育素养研究
Research on Sports

于永晖, 高 嵘
YU Yonghui, GAO Rong

文章编号: 1000-677X(2018)03-0003-09

DOI:10.16469/j.css.201803001

身体素养: 一个统领当代体育
改革与发展的理念

Physical Literacy: A Concept to Integrate Sport
Reforms and Developments in Contemporary Era

任 海
REN Hai



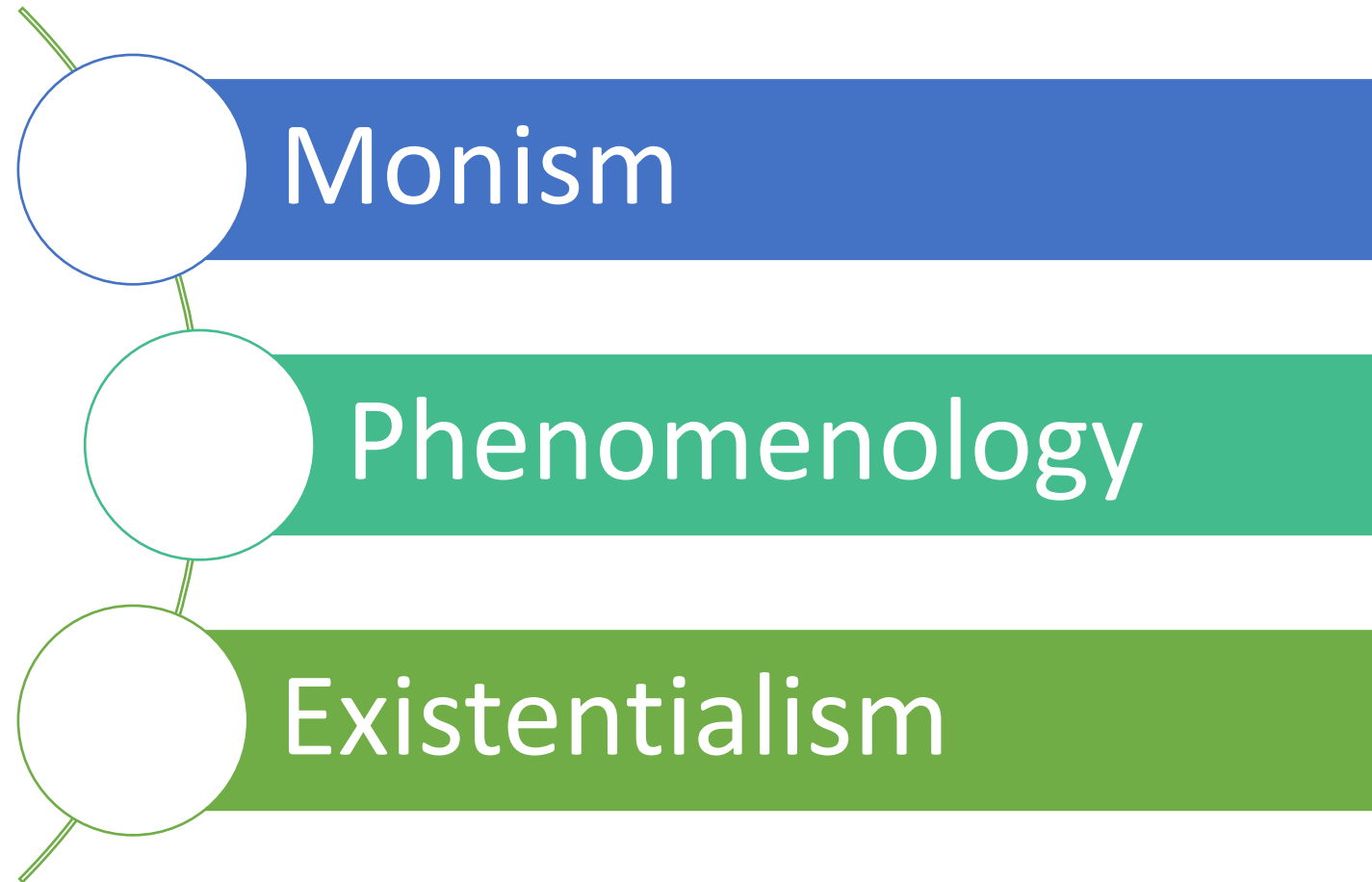
体育科学
2018年(第38卷)第3期
CHINA SPORT SCIENCE
Vol.38, No.3, 3-11, 2018



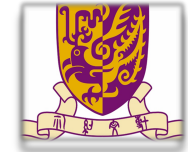
Based in Shanghai
University of Sport

- Special issue
(2015) on
'physical literacy'
with 10 papers
published by
Western scholars

PL Conceptualization



Taoist approach of Physical Literacy – Become a ‘Physical Literacist’



In the beginning was the Word, and the Word was with God, and the Word was God. (John 1, 1, Bible)

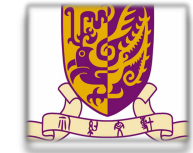
West
vs
East

It matches with the Taoist approach of ‘Way(Tao)’ – the system for everything operating in the universe.

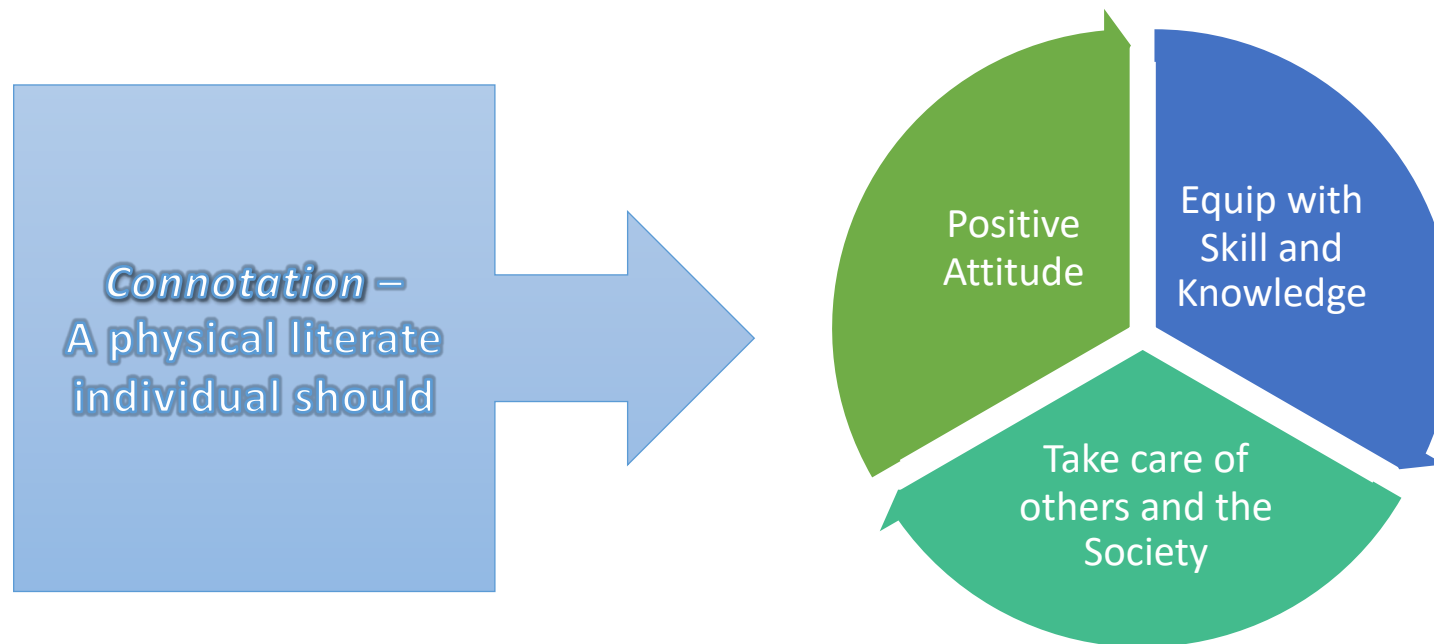
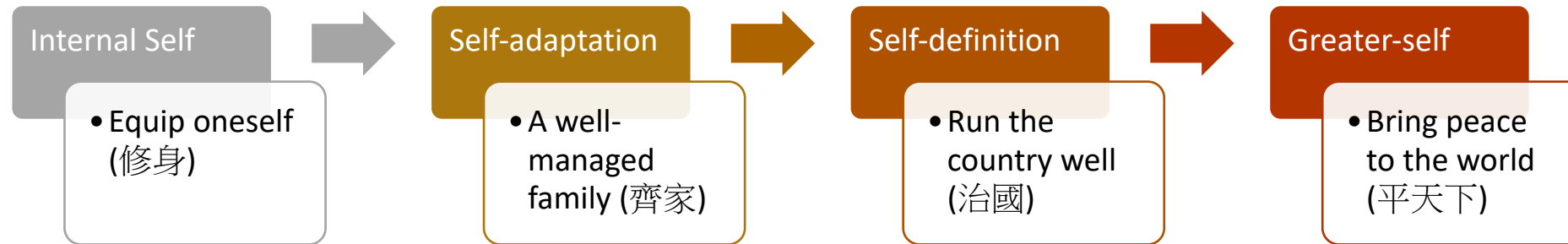
Gap
between
West and
East

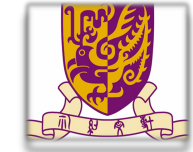
Taoist work should be taken into consideration with current 1.4 billion people’s thoughts.





Become a 'Physical Literacist' – a mixed with Confucianism





Getting Up Close with Taoist

- integration of **heaven** and **humankind** (天人合一)
- ‘Wuwei’無為(let things take their own course, **follow the flow**)
 - An athlete, musician, craftsman, artist...etc. **being in the zone, in the state of flow – Intelligent spontaneity**
(Skill competence – autonomous stage) – understand your mind and body – **loose and relaxed (spirit moves where s/he wants)**

**Dual process theory (Kahneman, 2011):*

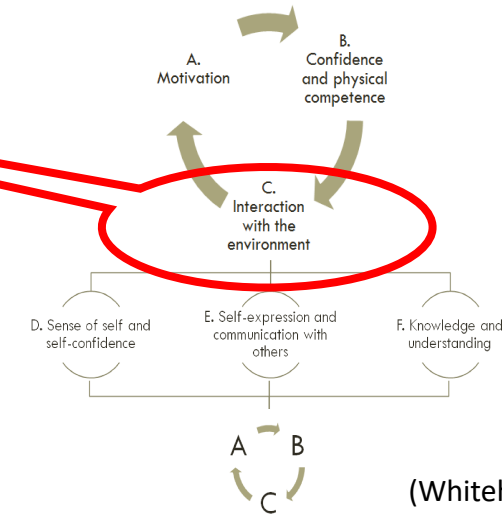
- *Cold cognition – self-conscious, deliberate, effortful*
- *Hot cognition – autonomous, spontaneous, effortless (ingrained process – skill becomes embodied) – energy diminishes – follow the FLOW!!! – disengaging from Cold cognition*

Can it be applied to the whole model of PL (whitehead, 2010) ???

Mind-body dualism/holism???

Rational mind and irrational body???

Embodiment or Disembodiment???



(Whitehead, 2010)

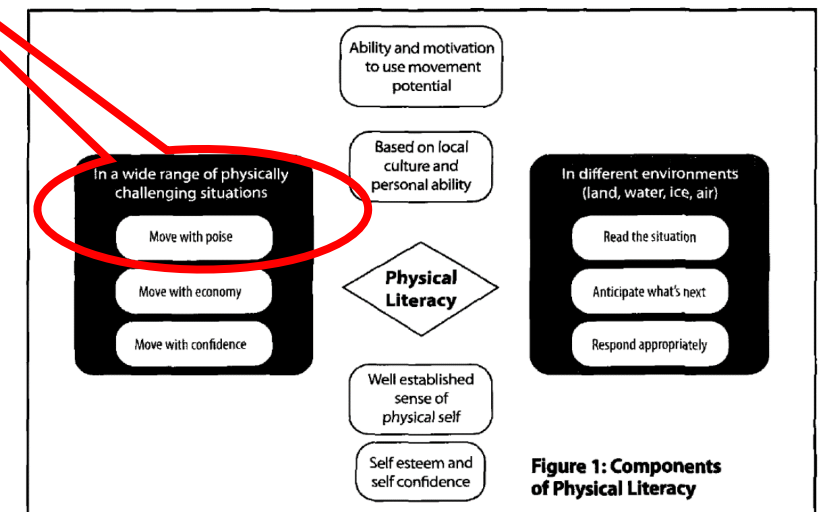


Figure 1: Components of Physical Literacy

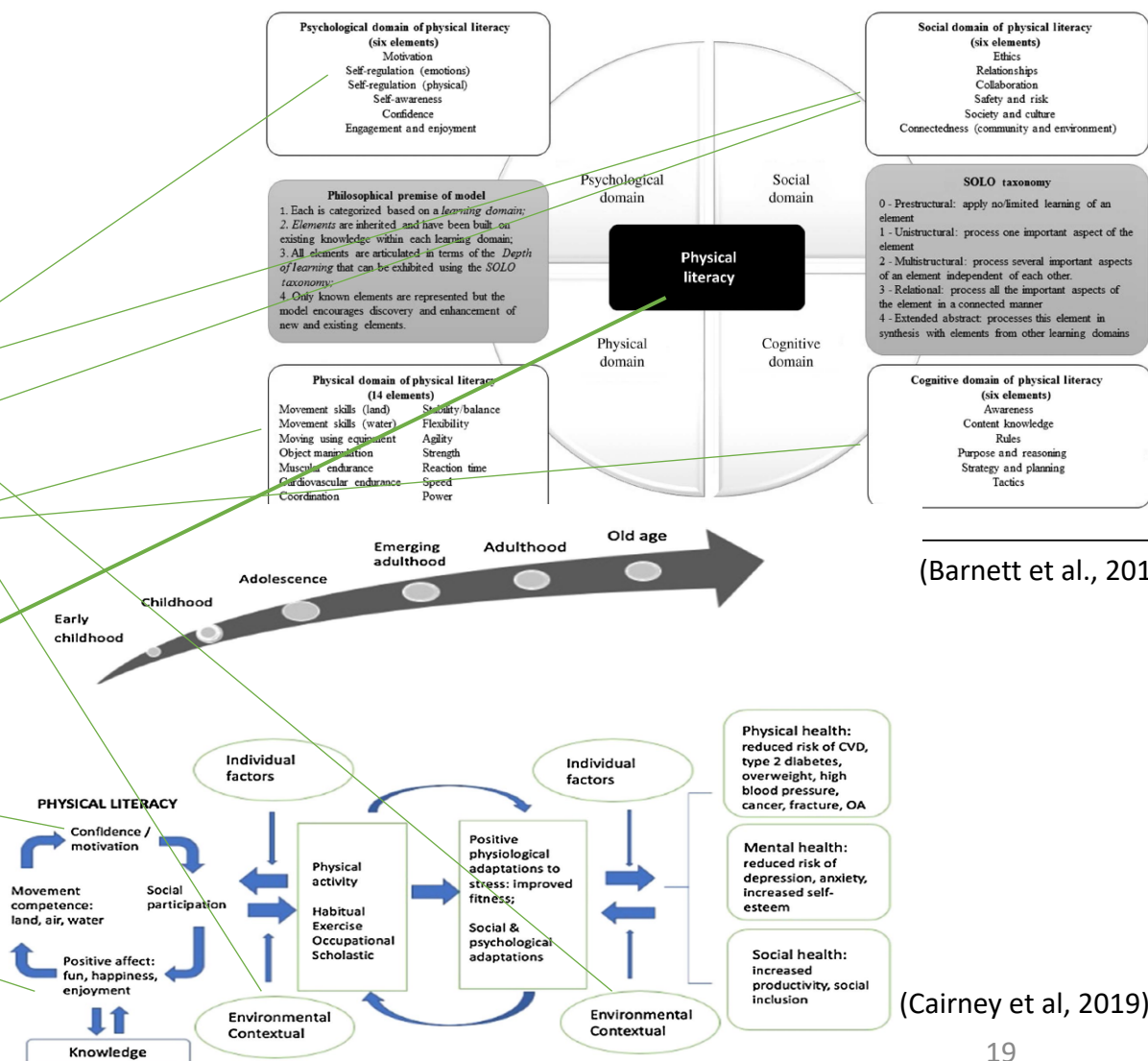


Getting up close with Taoist

- the actualization of 'Qiwu' (uniformity, 齊物)
- achieve the state of 'Xiaoyao' (free and easy wandering, 逍遙)
- the condition of 'Kih Lo' (perfect enjoyment, 至樂)
- included as the content of 'Xiuyang' (literate, 修養)

The objective to the thought is to achieve 'Integration of heaven and human' (天人合一), and tune everything in the universe into the natural harmony (Yip, 2004), and by the actualization of 'Qiwu' (The adjustment of Controversies, 齊物) (James Legge, 1966) to achieve the state of 'Xiaoyao' (Untroubled Ease, 逍遙) and being 'Wuwei' (Letting things to follow their own track, 無為) (Norden, 1996) and 'Pu' (simplicity, 樸) (D.C. Lau, 2001, P. 26-27), and hence, to behave with 'Te' (the moral virtue, 德) (D.C. Lau, 2001, P. 151) and to be close to the idea state of Tao (The way, 道) (D.C. Lau, 2001), which the condition of 'Kih Lo' (Perfect Enjoyment, 至樂) (James Legge, 1966) can be achieved.

The high level transformation and transcendence on the pursuit of absolute happiness, excellence and exquisite nature; the transcendence from emotional and human limit, other perception and influences, as suggested by Yip (2004) can be put as the more clear content to define 'Xiuyang' (Literate, 修養) (Ji, 2008).



(Barnett et al., 2019)

(Cairney et al, 2019)

Fig. 1 Conceptual model linking physical literacy, physical activity and health. CVD cardiovascular disease, OA osteoarthritis



Getting up close with Taoist

Interesting point is that the term 'physical literacy' whether it is embedded in Chinese philosophy – Taoism traced back to two thousand years (i.e. Taichi, Wushu...etc)

- The concept of 'Xiuyang 修養' contributed a framework for
 - i) 'yangsheng, 養生' (Health Preservation) (Legge, 1966) and 'Nurturing of life' (Cook, 1997).
 - ii) 'yangshen' (Nourish the spirit or Spiritual Cultivation, 養神) (Legge, 1966).

Offer insight into a wider range of the contemporary perceptions of physical literacy

Physical Literacy: When the Sum of the Parts Is Greater than the Whole

Dean Dudley

Viewpoint

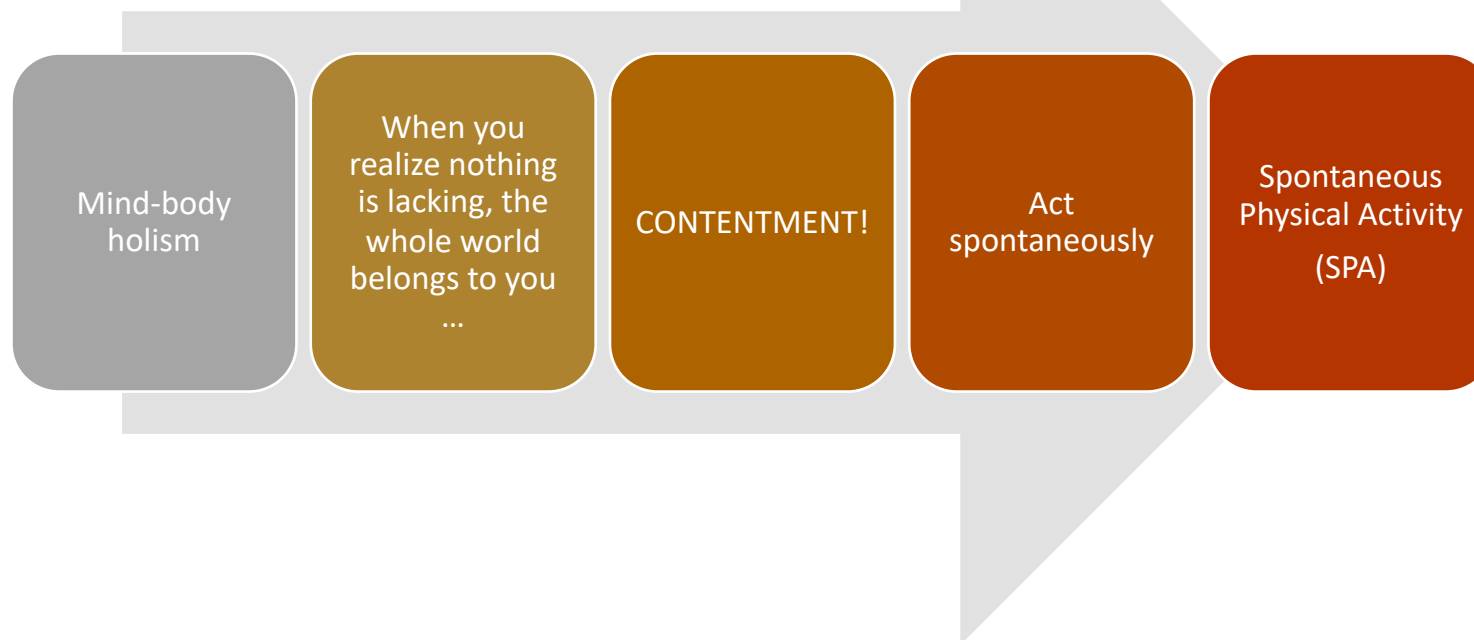
The whole is greater than the sum of its parts – Holism approach (Smuts, 1927)



Challenges - Taoist–Chinese Perspectives on Physical Literacy

Holism – derived from the Greek holos, meaning ‘whole’, holism as a concept can be track back at least as far as Aristotole’s (384-322 BC) concerning the **inseparability of matter and form**.

Holism posits a dynamic, creative, complex and continuity-laden process between its parts and they operate and coordinate to give to an increasingly synthesized whole.



Thanks for Listening



Accumulate past knowledge
Consider current demands
Teach prospective needs

積聚博知
思量當需
海傳瞻求

Sport and Society Research Group – SSPE, CUHK