

Margaret Whitehead trained to teach physical education and taught in school and lectured at Universities. Her principal study has been in philosophy and in 1987 she completed her PhD which looked at the views of Existentialists and Phenomenologists in relation to our embodiment and the implication of these views for Physical Education. Since retiring in 2000 she has built on the PhD study and worked to develop the concept of physical literacy. She was recently awarded an Honorary Degree and a Visiting Professor position from the University of Bedfordshire in recognition of this innovative work. Margaret has lead the work on Physical Literacy worldwide, writing two seminal texts and presenting widely across the world.

