

Association between physical literacy and self-perceived fitness level in children and adolescents

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Abstract

Background: Physical fitness is considered a predictor of mortality and comorbidities resulting from physical inactivity in children and adolescents. Physical literacy provides a robust and comprehensive assessment of physical fitness. Thus, it is considered a crucial element for understanding children and adolescents' health status and their physical activity-related behaviours. Moreover, the self-perceived fitness should also be considered. Therefore, this study aims to analyse the relationship between physical literacy and self-perceived physical fitness in children and adolescents aged 8–12 years. **Methods:** A single-measure cross-sectional study was conducted with 135 children and adolescents. Anthropometric measurements and the Canadian Assessment of Physical Literacy Development (CAPL-2) were applied. Descriptive statistics and correlations were calculated. The Fitness Perception Scale for Adolescents (FP VAS A) scale was also administered to assess participants' self-perceived fitness. **Results:** Moderate significant correlations were found between "physical competence", "motivation and confidence", and the total CAPL-2 score with FP VAS A. **Conclusions:** The influence of motivation on self-perceived fitness has been demonstrated. Moreover, cardiorespiratory fitness could be considered one of the most relevant and influential factors in the total CAPL-2 score. It means that higher levels of self-perceived fitness would be associated with greater levels of physical literacy. © 2021 by the authors. Licensee MDPI, Basel, Switzerland.

Author keywords

Exercise; Fitness Perception Scale for Adolescents (FP VAS A); Health status; Physical fitness; Physical literacy; Self-perceived fitness