

ARTICLE REVIEWED

'I don't read fiction': academic discourse and the relationship between health and physical education

Tinning, R. (2015). 'I don't read fiction': academic discourse and the relationship between health and physical education. *Sport, Education and Society*, 20(6), 710-721. doi:10.1080/13573322.2013.798638

THE PROBLEM:

The "obesity crisis" has taken the relationship between health and PE to a new level. Two camps/perspectives exist regarding what PE should be: one consisting of those who view PE as educational and another consisting of those who view PE as a tool for combating obesity.

Research Summary:

The author, Richard Tinning, argues that teachers should be well read in each perspective. He recognizes that academics are employed in communities where publishing is imperative. In each discipline, one becomes accustomed to speaking the discourse, "learn the rules of the game" and become socialized into the profession. Due to that, perspectives talk over and compete against one another. For example, those who believe in PE as a tool for combating obesity will push health initiatives. Unfortunately, these two camps are not prepared to talk to each other.

Conclusion:

Everyone should avoid agreeing or disagreeing with the other perspective and acknowledge one perspective and engage with it. By listening to others and communicating, then teachers will engage with new perspectives. This is referred to as having an open intellectual attitude.

Key Take-Away:

You should seek out perspectives from other classroom teachers and specialist teachers within your school on their physical education perspective. Also, if possible, visit their lessons to gain ideas on new teaching perspectives. Consider which perspective you believe PE to be. Is your curriculum focused on combatting obesity or educating the whole child? When you are more aware of what perspective you carry into teaching, then you might be able to engage with an alternative perspective. You can do that by reflecting on your teaching practice and asking students what they believe to be the purpose of physical education. This could give you an indication of what type of program you are implementing.





ADDITIONAL RESOURCES:

- Physical Literacy Landing Page:
<http://www.shapeamerica.org/events/physicalliteracy.cfm>
- Counterpoint: Physical Literacy and the Rose: What Would Shakespeare Say?" by SHAPE America member Thom McKenzie and Monica Lounsbury
<http://www.physicalactivityplan.org/commentaries/McKenzie.html>



SHAPE America – Society of Health and Physical Educators is the nation's largest membership organization of health and physical education professionals. The organization sets the standard for health and physical education in the U.S., and its National Standards for K–12 Physical Education serve as the foundation for well-designed physical education programs across the country. SHAPE America is committed to 50 Million Strong, our ongoing initiative to put all children on the path to health and physical literacy through effective health and physical education programs.

