

Critical Precis

In their study “The relationship of physical activity from physical education with perceived peer acceptance across childhood and adolescence” authors Seungmin Lee, Myoungjin Shin, and Alan Smith analyzed data from the Korean Children and Youth Panel Survey in order to longitudinally explore the relationship between physical activity in physical education (PE) class and perceived peer acceptance among 10-13 year old children. Peer relationships and peer acceptance are important to a child’s social and emotional development. Since physical competence is closely linked to peer acceptance the authors look to see how physical activity impacts peer acceptance and possible social and emotional development. In order to test this relationship, data collected from Korea was utilized because in Korean schooling PE is required in all elementary, middle, and high schools, unlike in the United States where PE is not required in a school’s curriculum. The authors measured how many hours of physical activity from PE the child participated in and perceived peer acceptance using data previously collected in a national study that utilized 5-point response scales to indicate the number of hours of physical activity and perceived peer acceptance. This study utilized secondhand data collected from another study, and thus a disadvantage to using secondhand data is that the data could be biased to the original collectors and not meet the requirements of the authors’ study. The authors found that during childhood changes in perceived peer acceptance are positively related to the amount of physical activity from PE class. Specifically, that an increase in the amount of physical activity in PE positively corresponds with a positive linear increase in perceived peer acceptance, during childhood, and that during adolescence a decrease in the amount of physical activity during PE negatively corresponds with increased perceived peer acceptance. The authors conclude from

their findings that physical activity during school impacts motor skills, physical health, and social health and thus should be kept as a vital part of a school's curriculum.

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