

Kolloquium „*Berner Gespräche zur Sportwissenschaft*“

Montag, 16.11.2020, von 16.15 Uhr bis 17.45 Uhr

Zoom-Meeting

Promoting family physical activity in the age of COVID-19: The role of parental support

Prof. Dr. Ryan E. Rhodes is a Professor in the School of Exercise Science, Physical and Health Education, Director of the Behavioral Medicine Laboratory, cross-appointed in the Department of Psychology, at the University of Victoria, Canada. His primary area of research is on the psychology of physical activity with an applied focus of physical activity promotion during critical life transitions such as parenthood and early family development. Dr. Rhodes is also one of the world experts on the intention-behavior gap, made popular by New Years resolutions that people struggle to enact every year. He has held over 100 grants for this research and he has contributed over 400 publications, 30 book chapters and two books. Dr. Rhodes is a Fellow of the Canadian Academy of Health Sciences, Society of Behavioral Medicine, Academy of Behavioral Medicine, American Psychological Association (Distinguished Affiliate), and a College Member of the Royal Society of Canada. He is the Co-Editor-in-Chief of Psychology and Health, and Associate Editor of Exercise and Sports Sciences Reviews as well as the Co-Chair of the Society of Behavioral Medicine's Theory and Behavior Change Techniques Special Interest Group.



The health benefits of regular physical activity are difficult to overstate and its role in maintaining and promoting good mental health during COVID-19 restrictions is paramount. Unfortunately, few adults and children are engaging in enough physical activity to reap its benefits for better health and well-being. A focus on family and inter-generational physical activity is essential to engender meaningful and sustained changes in behavior, yet promoting physical activity in the family system is complex. In this presentation, I will overview the state of current research on the role of family in physical activity. This will include research from my lab showing the state of evidence for how parents and their children participate in physical activity, and research on the family system, and the multiple routes that parental support in particular can take toward promotion and intervention.