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Teaching What Isn’t Taught: An e-Learning Course in Physical Activity for Early Childhood Educators

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Teaching What Isn't Taught: An e-Learning Course in Physical Activity for Early Childhood Educators

Early childhood educators (ECEs) are young children's primary daytime role models and are responsible for programming active play experiences in childcare; yet, they receive little related education in their schooling. My doctoral research entailed creating an e-Learning course on appropriate physical activity for young children, in consultation with over 50 experts around the world, to fill this gap in training. I pilot tested the course with three Canadian pre-service ECE college programs, and over 100 practicing ECEs. ECEs showed increases in their knowledge, confidence, and intention to promote physical activity in childcare, and they recommended that this e-Learning course be offered to all Canadian ECEs. With such encouraging outcomes, positive feedback from participants, and the recent shift to virtual platforms, leveraging e-Learning to deliver physical activity training to ECEs nationwide is a feasible, effective approach to ensure educators are confident and prepared to lead active play in childcare.

