

ARTICLE REVIEWED

Reconceptualizing and Operationalizing Seefeldt's Proficiency Barrier: Applications and Future Directions

Brian, A., Getchell, N., True, L., De Meester, A., & Stodden, D. F. (2020) Reconceptualizing and operationalizing Seefeldt's proficiency barrier: Applications and future directions. *Sports Medicine*, 50, 1-12.

THE PROBLEM:

As obesity rates have grown, policymakers have pushed for children and adults to be more active with moderate-to-vigorous physical activity requirements (MVPA). However, moving more is not enough by itself; it is important to know how and why to move. Research has found that there is a potential connection between motor competence and physical activity (Lima et al., 2019; Lima et al., 2017), with those who do not reach adequate levels in multiple motor skills often not meeting physical activity requirements.



Research Summary:

The purpose of this paper was to further explore and add to Seefeldt's proficiency barrier concept by asking the following questions: (1) what is a proficiency barrier? (2) How do you assess it? and (3) How do you break through the proficiency barrier to increase lifelong physical activity in individuals? The authors answer these questions using current research. For example, the authors discuss the differences between mobility and stability and how they impact an individual's motor competence.

Conclusion:

In this paper, the authors establish the connection between adults' sedentary behaviors and their lack of motor competency. They recognize the importance of adults being able to perform multiple motor movements well as a potential indicator of physical activity levels with the opposite also being true. Therefore, the authors urge others to push for proficient motor development in young children as a way to develop a generation of physically active movers.

Key Takeaway:

Increasing motor competence in children may be a solution to increasing physical activity levels in future generations and decreasing obesity rates. It is recommended to read the entire article to better understand the research that is related to motor competence and the proficiency barrier. The authors also provide examples that are useful.

ADDITIONAL RESOURCES:

- Lima, R. A., Bugge, A., Ersbøll, A. K., Stodden, D. F., & Andersen, L. B. (2019). The longitudinal relationship between motor competence and measures of fatness and fitness from childhood into adolescence☆. *Jornal de pediatria*, 95, 482-488.
- Lima, R. A., Pfeiffer, K., Larsen, L. R., Bugge, A., Moller, N. C., Anderson, L. B., & Stodden, D. F. (2017). Physical activity and motor competence present a positive reciprocal longitudinal relationship across childhood and early adolescence. *Journal of Physical activity and Health*, 14(6), 440-447.