

Early Childhood Educators' Perspectives on the TEACH e-Learning Course

Overview

- A 4-module **e-Learning course in physical activity and sedentary behaviour** (~90 mins/module) was completed by pre- and in-service early childhood educators (ECEs).
- Following completion of the TEACH e-Learning course, participants' **perspectives on the course** were explored via online survey and interviews.

Participants

32

Pre-service ECEs from 3 Canadian Colleges
*3 pre-service ECEs were interviewed

121

In-service ECEs from across Canada
*8 in-service ECEs were interviewed

Favourite Course Topics

Pre-service ECEs

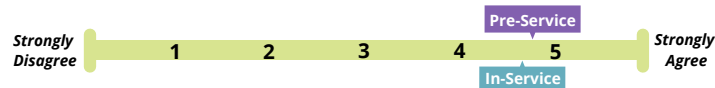
1. Outdoor Play
2. Introduction to Physical Activity
3. Risky Play
4. Physical Literacy
5. Programming to Minimize Sedentary Behaviour

In-service ECEs

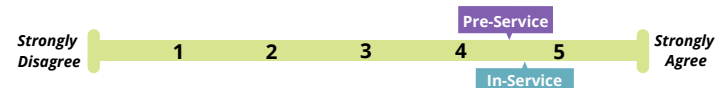
1. Loose Parts Play
2. Outdoor Play
3. Risky Play
4. Role Modelling Appropriate Movement Behaviours
5. Programming Physical Activity

Perspectives on Implementation

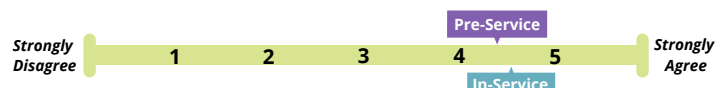
Perceived effectiveness - Physical activity knowledge:



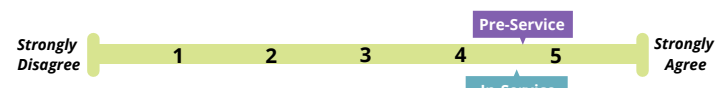
Acceptability - Overall, I enjoyed using the course:



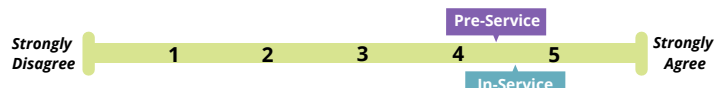
Perceived effectiveness - Sedentary behaviour knowledge:



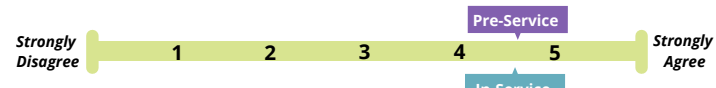
Complexity- It was easy to use the course:



Perceived benefits - The knowledge I gained will be useful to me as an ECE:



Compatibility - The course complemented my ECE training:



Feedback from ECEs

"Everybody took it and everybody loved it...we were very thankful that we got to do it because it was so interactive, and we learned so much from it."
(Pre-Service)



"As an educator...this whole course was great for me...because I learned so much and so many strategies for how to implement this into my everyday work."
(Pre-Service)

"I found lots of topics were new to me. The videos were very helpful."
(In-Service)

"I give it an A++, it was amazing!"
(Pre-Service)