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MAKING WAVES

TRANSFORMATIVE PRACTICES IN PHYSICAL EDUCATION



Abstract Book

Role of Early Childhood and Care Institutions in Achieving Physical Activity Recommendations of Young Children (1-2 Years Olds)

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Abstract

Little is known about the physical activity (PA) and sedentary time of Spanish young children (1-2 years) attending early childhood education and care (ECEC) centres. The MoviMusi project is a national research project, developed in three Spanish cities, that aims to analyse the impact of a music and movement programme on movement behaviour, motor and musical skills. In this presentation we will share preliminary results from the city of Valencia during the first year of the project. The aims are twofold: (a) to analyse the levels of PA and sedentary behaviour (SB) of young children during school hours in ECEC settings, as well as the rate of compliance with specific recommendations for total PA (TPA). In the city of Valencia, Spain, one hundred and five toddlers (mean age = 20 months) wore an accelerometer during school hours for five days. Data collection took place between January 2024 and May 2024. The toddlers' sedentary time and PA levels (light physical activity [LPA], moderate-to-vigorous physical activity [MVPA] and total physical activity [TPA]) were measured using Actigraph accelerometers. Compliance with PA guidelines while attending ECEC facilities was calculated. Young children accumulated 189 (32) min/day, 103 (28) min/day, 22 (10) min/day and 126 (34) min/day of sedentary time, LPA, MVPA and TPA, respectively. No significant differences were found in the amount of PA and sedentary time according to gender. During ECEC attendance, 91.8% of toddlers met the ¼ time requirement for TPA and 82.3% of toddlers exceeded the 50% of the minimum recommendation of 3 h of TPA daily. This is the first Spanish study to objectively measure PA and sedentary time in young children (1-2 years) during their attendance at ECEC centres. These preliminary results suggest that ECEC offers the opportunity for an important contribution to the minimum recommendation of 3 hours of PA per day. This work was supported by the Spanish Ministry of Science, Innovation and Universities (Ref: PID2022-141095NB-I00).

Forward

It is with great pleasure that we welcome you to the AIESEP 2025 International Conference, hosted in the vibrant city of St. Petersburg, Florida, USA. This year's conference, themed "*Making Waves: Transformative Practices in Physical Education*," brings together a global community of scholars, practitioners, and students committed to the advancement of physical education, physical activity, and sport pedagogy research.

This abstract book represents the diverse and dynamic body of work submitted to AIESEP 2025. It reflects the depth of inquiry, innovative thinking, and collaborative spirit that define our field. The accepted abstracts included here highlight a wide range of topics and methodologies, showcasing the richness of contemporary research and practice across contexts and cultures.

We extend our heartfelt thanks to the Scientific Committee for their leadership in shaping the academic program and ensuring the scholarly integrity of this conference. We are equally grateful to the dedicated team of reviewers whose critical and constructive feedback was essential in the selection process. Most importantly, we sincerely thank all authors and presenters who submitted their work. Your contributions are the cornerstone of this event, and we are honored to provide a platform for your ideas and insights.

We hope that this collection not only guides your experience at AIESEP 2025, but also inspires future dialogue, collaboration, and innovation in our shared pursuit of excellence in physical education, physical activity, and sport pedagogy.

With best wishes,

The 2025 AIESEP Local Organizing Committee