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DOES PHYSICAL LITERACY MODERATE ACUTE MOOD RESPONSES TO RECREATIONAL EXERCISE IN OLDER FEMALES?

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INTRODUCTION

- Physical literacy (PL) includes motivation, confidence, and physical competence.
- PL is important for lifelong physical activity participation.
- Limited evidence exists on PL and mood responses in older women.

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AIM OF THE STUDY

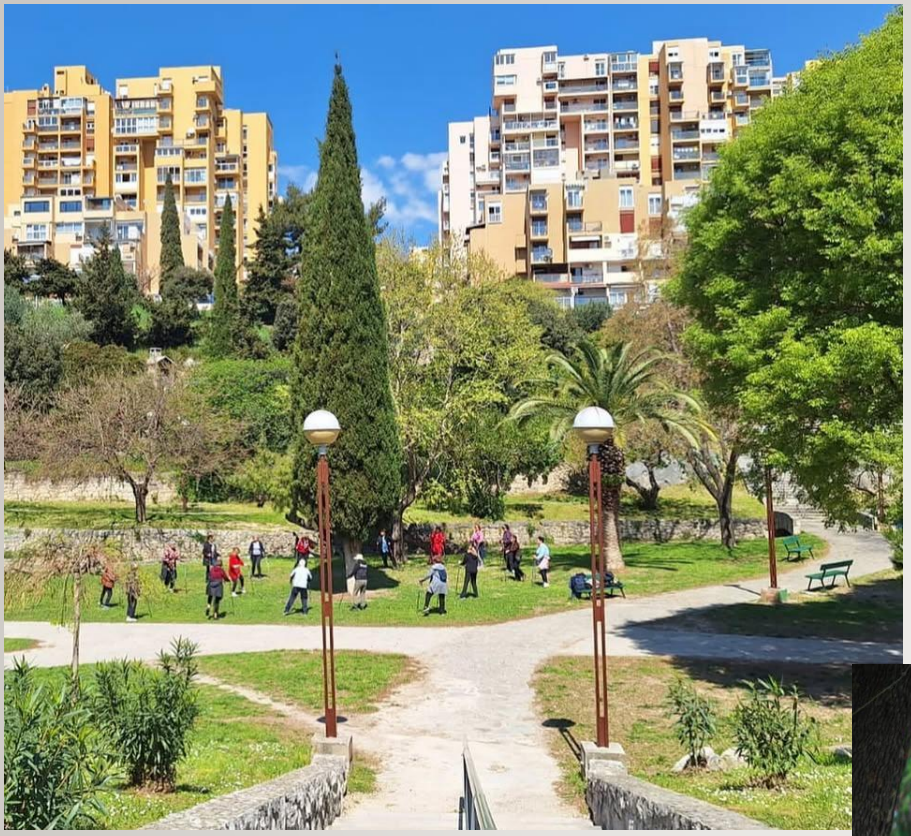
- To investigate the relationship between physical literacy and mood changes before and after outdoor recreational physical exercise.

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METHODS

- 44 females aged 60 years and older.
- Participation in 3 sessions of outdoor recreational physical exercise.
- Physical literacy assessed at baseline.

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MOOD ASSESSMENT

- Mood state measured using the BRUMS scale.
- Assessment conducted immediately before and after exercise.
- Pearson correlation coefficients used for analysis.

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RESULTS – BEFORE EXERCISE

- No significant association between PL and pre-exercise mood state.
- Correlations ranged from r = 0.02 to 0.11.

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RESULTS – AFTER EXERCISE

- Significant positive association between PL and post-exercise mood state.
- Correlations ranged from $r = 0.45$ to 0.67.
- Statistical significance: $p < 0.01$.

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DISCUSSION

- Higher physical literacy is associated with more positive emotional responses to exercise.
- PL may enhance psychological benefits of recreational exercise.

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CONCLUSION

- Physical literacy plays an important role in improving exercise experiences in older women.
- PL components should be included in recreational activity programs.

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- Thank you!

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