



Influence of the TEACH e-Learning Course on Early Childhood Educators' Self-Efficacy, Knowledge, and Intentions

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).
- Via online survey, changes in their physical activity and sedentary behaviour **self-efficacy** (31 items), **knowledge** (30 items), and **behavioural intention** (28 items) were explored.

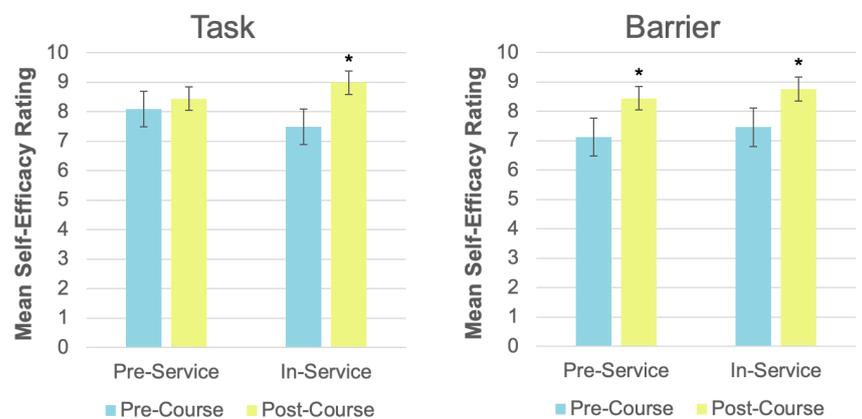
Participants

32 pre-service ECEs from 3 Canadian Colleges

121 in-service ECEs from across Canada

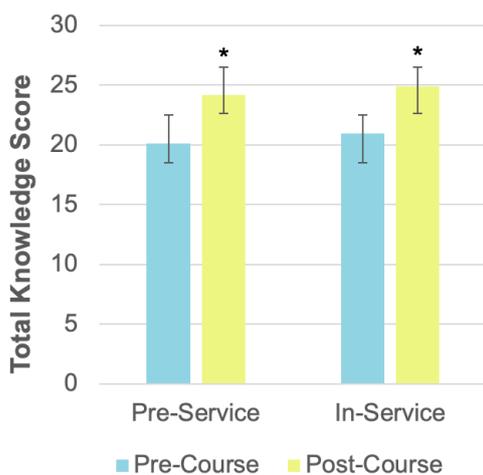


Self-Efficacy



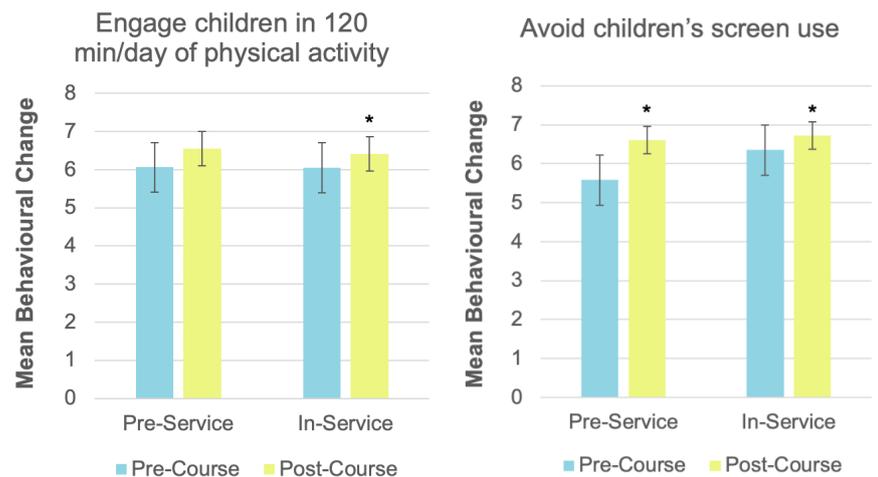
* = significant pre-post change in self-efficacy

Knowledge



* = significant pre-post change in knowledge

Behavioural Intention



* = significant pre-post change in intention

Summary

The TEACH e-Learning course was effective at increasing pre- and in-service ECEs' physical activity and sedentary behaviour self-efficacy, knowledge, and intentions.