

INPLASY PROTOCOL

To cite: Galán-Arroyo et al.
Physical Literacy in Older
Adults: a Scoping Review
Protocol. Inplasy protocol
202330009. doi:
10.37766/inplasy2023.3.0009

Received: 03 March 2023

Published: 03 March 2023

Corresponding author:
Carmen Galán-Arroyo

mamengalan.tq@gmail.com

Author Affiliation:
Physical and Health Literacy
and Health-Related Quality
of Life (PHYQoL), Faculty of
Sport Science, University of
Extremadura.

Support: (CHRC)
Universidade de Évora.

**Review Stage at time of this
submission:** The review has
not yet started.

Conflicts of interest:
None declared.

Physical Literacy in Older Adults: a Scoping Review Protocol

Galán-Arroyo, C¹; Ríos-Calonge, J²; Rojo-Ramos, J³; Parraça, JA⁴;
Fonseca, C⁵; Batista, MAS⁶.

Review question / Objective: “How is the concept of physical literacy characterized in older adults?”. P – People in their older adult years. C – Physical literacy. C – Any context.

Eligibility criteria: Studies will be assessed for inclusion in the review according to the following criteria:

Study Design: We will only include studies that investigate the physical literacy throughout older adult life. This includes primary research (peer-reviewed research articles), evidence synthesis (narrative reviews, systematic reviews, scoping reviews, rapid reviews, etc.), conference abstracts, discussion articles, editorials, and thesis. We will not limit the included studies by the sample size of the study.

Outcomes: We will include studies examining outcomes under the concept of physical literacy, both quantitatively and qualitatively.

Study Population and Additional Characteristics: We will only include studies where the study population meets the MeSH (Medical Subject Headings) "Aged" characteristics: A person 65 years of age or older. We will not limit included studies by their ethnicity, country of origin, economic characteristics, or geographic region. We will limit the studies included by publication date to those published since 2001, since Whithead's physical literacy concept was first described in that year [22]. We will limit included studies to those published in English, Spanish and Portuguese.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 03 March 2023 and was last updated on 03 March 2023 (registration number INPLASY202330009).

INTRODUCTION

Review question / Objective: “How is the concept of physical literacy characterized in older adults?”. P – People in their older

adult years. C – Physical literacy. C – Any context.

Background: Population ageing is a prominent phenomenon worldwide. The

increase in physical inactivity and co-morbid diseases poses a major challenge to current policies. Physical activity (PA) guide-lines recommended for older people have not been effective. For this reason, a new model, physical literacy, is being innovated and has gained global attention and has emerged as an effective and innovative active ageing strategy to improve PA participation of this vulnerable group. However, the evidence on PA in the elderly so far is brief and diffuse. Therefore, the aim is to conduct a scoping protocol to identify and map physical literacy in older people. This scoping review protocol was based on the Joanna Briggs Institute method. The search will be performed on Embase, IBSS ProQuest, Medline OVID, PsycINFO Ebsco, PubMed, ScienceDirect, Scopus, SPORTDiscus, Social Services Abstracts ProQuest, Sociological Abstracts ProQuest, Web of Science ISI, Wiley Online Library, Cochrane Library and ERIC Ebsco databases. All types of studies published since 2001 in English, Spanish and Portuguese examining physical literacy over the lifespan of older adults were included. Two independent reviewers will organize and select studies according to the objectives and questions of the scoping review. The selected publications will be organized and summarized using a checklist proposed by the PRISMA-ScR. Qualitative data analysis (thematic analysis) will be performed to identify meanings and patterns to answer the research question. The final scoping review will present the main available evidence, the key concepts/definitions, the research conducted, and the knowledge gaps related to physical literacy in older adults.

Rationale: Physical literacy in older people can help improve physical and mental health, prevent age-related injuries and diseases, improve quality of life and increase independence (Petrusevski, Morgan, MacDermid, Wilson, & Richardson, 2022).

Although physical literacy plays an important role in promoting positive health habits, until today, little attention has been paid to its implications in this population (Jones et al., 2018a). Physical literacy is

more critical for older people than for other age groups (Jones et al., 2018b), yet research studies on this special population are scarce. In other populations, it has been shown to improve body composition (Mendoza-Muñoz et al., 2020), physical fitness, blood pressure and HRQoL (Caldwell et al., 2020).

There are recent reviews (Huang, Sum, Yang, & Chun-Yiu Yeung, 2020; Petrusevski et al., 2022) about PL in the elderly, but the concepts used to search for articles, the context and the target population are different. Our work is exclusively for the population aged 65 and over, not as a recent review whose target population is adults and older adults including population over 45 years old, (Petrusevski et al., 2022). There is also a new review of PL in older people but its search concepts are quite broad (Huang et al., 2020); it incorporates physical activity, physical competence, physical education and our search has focused solely and exclusively on those that made direct reference to PL, following the guidelines of the review which endorses Whitehead's multidimensional meaning (Edwards, Bryant, Keegan, Morgan, & Jones, 2017).

This review aims to be a starting point to stimulate empirical research on PA in the elderly, since characterising the development of its dimensions will enable the participation of this population in structured and full PA, adopting active lifestyles, promoting healthy ageing, becoming a valuable tool for improving their quality of life and maintaining good physical and mental health as they age, thus slowing down the sequelae inherent to the biological process, promoting their autonomy and delaying the state of old age dependence.

METHODS

Strategy of data synthesis: Source of Information Search Strategy Embase Aged (65+ years) ('physical literacy' OR 'physically literate') AND ('aged' OR 'older adults' OR 'elderly' OR 'geriatrics' OR 'seniors')

International Bibliography of the Social Sciences ("physical literacy" OR "physically

literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors)

MEDLINE

All aged (65 and over)" ((physical literacy* or physically literate*) and (aged or older adults* or elderly or geriatrics or seniors))

PsycINFO

Aged (65 yrs & older) ("physical literacy" OR "physically literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors)

PubMed

Aged: 65+ years ("physical literacy" OR "physically literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors)

ScienceDirect ("physical literacy" OR "physically literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors)

Scopus TITLE-ABS ("physical literacy" OR "physically literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors) AND (LIMIT-TO (LANGUAGE , "English") OR LIMIT-TO (LANGUAGE , "Spanish") OR LIMIT-TO (LANGUAGE , "Portuguese"))

SPORTDiscus ("physical literacy" OR "physically literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors)

Social Services Abstracts ("physical literacy" OR "physically literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors)

Sociological Abstracts ("physical literacy" OR "physically literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors)

Web of science ISI ("physical literacy" OR "physically literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors)

Wiley Online Library ("physical literacy" OR "physically literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors)

Cochrane Library ("physical literacy" OR "physically literate") AND ("aged" OR "older adults" OR "elderly" OR "geriatrics" OR "seniors"))

ERIC ("physical literacy" OR "physically literate") AND (aged OR "older adults" OR elderly OR geriatrics OR seniors).

Eligibility criteria: Studies will be assessed for inclusion in the review according to the following criteria:

Study Design: We will only include studies that investigate the physical literacy throughout older adult life. This includes primary research (peer-reviewed research articles), evidence synthesis (narrative reviews, systematic reviews, scoping reviews, rapid re-views, etc.), conference abstracts, discussion articles, editorials, and thesis. We will not limit the included studies by the sample size of the study.

Outcomes: We will include studies examining outcomes under the concept of physical literacy, both quantitatively and qualitatively.

Study Population and Additional Characteristics: We will only include studies where the study population meets the MeSH (Medical Subject Headings) "Aged" characteristics: A person 65 years of age or older. We will not limit included studies by their ethnicity, country of origin, economic characteristics, or geographic region. We will limit the studies included by publication date to those published since 2001, since Whithead's physical literacy concept was first described in that year [22]. We will limit included studies to those published in English, Spanish and Portuguese

Source of evidence screening and selection: The specific literature search strategies will be developed by one author (J.R.-C.) and re-viewed by the research team. As recommended in all types of JBI reviews, a three-step search strategy will be utilized to reach the greatest number of publications and gray literature. Each step is indicated in this section of the protocol.

Identification of Descriptors and Keywords
The first step is an initial limited search of at least two appropriate online databases relevant to the topic. This initial literature search strategy will be developed using key-words, descriptors, subject headings, synonyms in health sciences contained in the titles, abstracts of retrieved papers, and the index terms used to describe the articles related to the topic using the Medical Subject Headings (MeSH) for words that have it (table1).

Table 1. Descriptors used according to the Population, Concept and Context.

Mnemonic Keywords MeSH

P (Population) Aged, older adult, elderly, geriatrics and senior Aged

C (Concept) Physical Literacy and physically literate -

C (Context) - -.

Data management: Qualitative data analysis (thematic analysis) will be performed to identify meanings and patterns to answer the research question. The type of study and level of evidence of the study de-sign will also be analyzed through the JBI Critical Appraisal Checklist.

Language restriction: English, Spanish and Portuguese.

Country(ies) involved: Spain.

Keywords: physical literacy; elderly; older adults; physical activity.

Contributions of each author:

Author 1 - Carmen Galán-Arroyo - Drafted the original manuscript and contributed project administration.

Email: mamengalana@unex.es

Author 2 - Javier de los Ríos-Calonge - Contributed Methodology and formal analysis.

Email: javier.rios01@goumh.umh.es

Author 3 - Jorge Rojo-Ramos - Contributed to the development of the selection criteria, and the risk of bias assessment strategy and supervised manuscript.

Email: jorgerr@unex.es

Author 4 - Jose A. Parraça - Read, provided feedback and approved the final manuscript.

Email: jparraca@uevora.pt

Author 5 - César Fonseca - Contributed supervision and funding acquisition.

Email: cfonseca@uevora.pt

Author 6 - Marco Alexandre da Silva Batista - Contributed to the review, validation and supervision.

Email: marco.batista@ipcb.pt