

**Towards a better understanding of perceived motor competence in young people:
Theoretical and practical considerations**

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Abstract

Perceived motor competence (PMC) is an individual's perception of his/her actual motor competence (AMC). Together with AMC, PMC plays an important role in young people's physical activity and health. It is also positively associated with AMC although the strength of associations differs across studies. This might be due to different factors. For instance, it is proposed that the relationship between PMC and AMC increases across age due to cognitive development (e.g., Stoddent et al., 2008; Robinson et al., 2015). Others noted that different descriptions and measures of PMC have been used in the literature, which may hamper our understanding of PMC and its association with AMC (Estevan & Barnett, 2018).

This symposium examines PMC and its relationship with AMC across childhood and adolescence, and adopting various instruments. In the first presentation, a systematic review and meta-analysis will be presented on the available evidence regarding the relationship between PMC and AMC in youth and the role of age therein. In the second and third presentation, studies will be presented on different measures of PMC and related constructs, and their associations with AMC in children and early adolescents. The symposium will elicit discussion on theoretical and practical considerations for PMC research.