**Review Protocol**

This review protocol follows the protocol template by PROSPERO https://www.crd.york.ac.uk/prospero/

**Citation**

Sam Fenton, Elissa Dabkowski, Joanne Porter, Anna Fletcher & Alex Prins. An Umbrella Review of Physical Literacy Modelling

**Review question**

The overarching aim of this umbrella review is to conduct a synthesis of previous physical literacy models in current literature. The research question guiding this review is: *What are the current physical literacy models that are used to inform physical literacy programs and guidelines?*

This review seeks to summarise the current literature and identify any gaps that would benefit from further inquiry.

**Searches**

This review follows the Preferred Reporting Items for Systematic Review and Meta-analysis (PRISMA) statement. The following electronic databases will be used in the review:

EBSCO: Academic Search Complete, CINAHL Complete, Medline, APA PsycArticles, APA PsycInfo, SPORTDiscus with full text, ERIC, Cochrane, Scopus and Web of Science.

This review will use a varied Boolean and truncation search approach using key words “physical literacy” and “Model\*” and “systematic review” along with their variations. All full text, English language and publications released between the years 2000-2022 will be screened. The researchers will also manually search the reference lists of identified papers. The search strategy will be detailed in a PRISMA flow chart (Page et al., 2021). Results will be imported to Endnote, in which duplicates will be removed. The authors will use Covidence for screening, full-text review, quality appraisal and data extraction.

**Types of studies to be included**

All types of reviews including systematic, scoping, integrative and literature reviews will be included, as well as evidence syntheses.

**Condition or domain being studied**

This review will explore physical literacy conceptual models in all contexts.

**Participants/population**

Inclusion: papers pertaining to physical literacy models, all populations will be considered

Exclusion: papers that are not reviews, protocol papers, papers not using the specific terminology of physical literacy.

**Intervention(s), exposure(s)**

Physical literacy conceptual models

**Comparator(s)/control**

Not applicable – we will not be using a comparator in our review

**Context**

The researchers are interested in physical literacy conceptual models that are used to guide programs and inform guidelines. Given the extensive literature on physical literacy, the researchers aim to investigate the applicability of these models to all age groups, abilities and contexts.

**Main outcome(s)**

An evidence synthesis of physical literacy models represented in current literature.

**Measures of effect**

Not applicable

**Additional outcome(s)**

Not applicable at this stage – however given that this is an iterative process, additional outcomes may be extracted upon researcher discretion. This protocol will be updated as applicable.

**Data extraction (selection and coding)**

Following the database search, the titles will be exported to Endnote and then to Covidence. Duplicates will be removed and the records will be screened by two independent researchers, in which they will review the titles and abstracts of the studies. In the event of a discrepancy, a third researcher will be moderate the process on Covidence so that general consensus is reached. After screening, the articles will be uploaded to Covidence and will be read in full by two researchers independently. The articles will be compared to the inclusion criteria to determine their eligibility for the umbrella review. The search strategy will be detailed in a PRISMA flow chart (Page et al., 2021).

For each included study, the researchers will extract the following data characteristics using an Excel spreadsheet: study authors, year and country, context, population, description of physical literacy model, key outcomes, and any limitations reported. To reduce human error and bias, the extracted data will be reviewed by 2 or 3 independent researchers to check for accuracy (Tawfik et al., 2019). This is an iterative process and may change during the data extraction process.

**Risk of bias (quality) assessment**

This review will use the Joanne Briggs Institute (JBI) Critical Appraisal Checklist for Systematic Reviews and Research Syntheses (2017) to report on the possibility of bias.

**Strategy for data synthesis**

A narrative analysis will be undertaken to describe and map the literature from the data extracting tool in Covidence.

**Analysis of subgroups or subsets**

None at this stage – however depending on the outcome of data extraction, analysis of models pertaining to specific age groups may be conducted.

**Contact details for further information**

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**Organisational affiliation of the review**

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**Type and method of review**

Umbrella review

**Anticipated or actual start date**

3rd August, 2022

**Anticipated completion date**

15th November 2022

**Funding sources/sponsors**

The authors have received a grant from Latrobe Healthy Assembly to complete this review.

**Grant number(s)**

$25,000

**Conflicts of interest**

There are no conflicts of interest with this review.

**Language**

English

**Country**

Australia

**Stage of review**

Review Ongoing

**Subject index terms**

Physical literacy, umbrella review

**Stage of review at time of this submission**

Database searching