[Name of the Writer]

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[Subject]

[Date]

**Written Summary**

The article “The physical literacy of children with behavioral and emotional mental health disorders: A scoping review” was conducted by Kathryn Fortnuma, Bonnie Furzera, Siobhan Reida, Ben Jackson, and Catherine Elliott. It was published in the journal "ELSEVIER" in 2018. The article explains that mental health disorder is a crucial issue in youth and children. Around twenty percent of youth and children are suffering from different psychological disorders. The main focus of the study is to develop the physical literacy of children who have mental health disorders. For the purpose literature review of various researches conducted between 1985 and 2018 were analyzed. Studies that focus on the children of age between six and twelve were used to get information. The result indicates that people with mental health disorders have low physical literacy than healthy children without any mental health disorder. Therefore evidence-based practices and support are required to make children with MHDs physically literate (Fortnum et al.).

The main purpose of the study is to understand the physical literacy of the children with MHDs to make them physical literate through effective preventions. Therefore, the broad search terms like confidence, physical competence, diagnosis, understanding, physical literacy, motivation, and knowledge were used while analyzing previous researched to develop an effective conclusion.

I have got interested in this article because this article discussed physical literacy, which effects due to psychological health issues. Mental health disorders like depression and anxiety are too common in children and youth in contemporary that affects their physical health and behavior with time. Children and youth are the future of the nation; therefore, it is important to ensure the physical and psychological health of them. There is an increase in the suicide rate among the youth. The main reason for the suicidal ideation is psychological disorders like depression and anxiety. These mental states affect the routine and activities of individuals. Therefore, I got interested to understand the knowledge about the relationship between the psychological and physical health of the youth. Besides, the preventions and recommendations were significant to cope with the issue, which is important for my learning.

The article is important for the students to get the basic knowledge about the beneficial impact of physical activities on physical and psychological health. The concept of physical literacy tells about physical competence, motivation, understanding, and confidence, which is crucial for the student both in academic and personal life. Children who face psychological issues and are unaware that it can get knowledge from the article. Depression is one of the leading causes that affect the health of people all around the world, but no one talks about it much due to unawareness. People do not understand how complex is depressive disorders. Therefore, students can acquire much information from the article about various psychological disorders and its consequences on the overall health of the individuals. In addition, readers and students can also learn about effective preventions like evidence-based activities and counseling to cope with the issue. This article is helpful for self-guidance.

This article is useful for my career path, which is physical therapy. In this field, a physical therapist encounters with numbers of patients who feel depressed, exhausted, and dishearten, which reduce their healing power. Children and especially youth, face various complexities due to the high pressure of academic performance and future goals, which ultimately affect their health. For my career, it is important to analyze the factors that affect the psychological and physical health of youth so that I can use effective prevention and methodology for enhancing their life quality. Therefore, the article is informative for my career path.

**Work Cited**

Fortnum, Kathryn, et al. “The Physical Literacy of Children with Behavioural and Emotional Mental Health Disorders: A Scoping Review.” *Mental Health and Physical Activity*, vol. 15, Oct. 2018, pp. 95–131. *DOI.org (Crossref)*, doi:10.1016/j.mhpa.2018.10.001.