PHYSICAL EDUCATION 2014

Unit 3
Key Topic Test 2 – Promotion of Physical Activity & The Social-Ecological Model

Recommended writing time*: 45 minutes
Total number of marks available: 45 marks

SOLUTIONS
SECTION 1: Multiple-choice questions (1 mark each)

Question 1

Answer: D

Explanation:
The social ecological model is used to help describe someone’s physical activity behaviour, and to critique strategies that promote physical activity. The model itself is not used to promote physical activity.

Question 2

Answer: C

Explanation:
Workers cannot be forced to be active, and what they eat isn’t related to their activity levels directly.

Question 3

Answer: A

Explanation:
Age is the only individual factor listed in the options. The others are either social – SES status and cultural background, or Policy – Mandated PE classes.

Question 4

Answer: C

Explanation:
Building Health Through Sport is open to all members of the community.

Question 5

Answer: C

Explanation:
Streets Ahead is a Vic Health initiative.
SECTION 2

Question 1

a. Physical activity behaviour and the factors influencing it are very complex. Models are used to provide a framework to understand the numerous factors and behaviours that enable or act as barriers to physical activity participation. Models are used to help us understand a specific problem in a particular setting or context.

b.

c. Multiple factors influence behaviours. Therefore efforts to change behaviour, including physical activity behaviour, should be based on the understanding of the interrelationship between the four levels of the social-ecological model.

Question 2

a. Community Settings

b. Individual Level
   Age – most participants are a similar elderly age
   Illness – most participants have similar health issues
   Gender – both males and females can participate

   Social Level
   Social support – able to participate in program with other people – friends & family
Meet new friends

Physical Environment Level
Local facilities are available
Close proximity to homes

Policy Level
Run by accredited fitness staff
Run by Heart Foundation
Funding from Heart Foundation
Use of local facilities

c. This question requires students to take two of their answers from part B and explain how that factor my influence their physical activity.
Eg – Physical Environment – Close proximity to homes – this promotes physical activity as it removes the possible barriers of extended travel time to the venue, or traffic or transport issues.

Question 3

a. Benefits of using a school setting:
   Captive audience of students everyday
   Spend many hours within school grounds
   Part of curriculum – PE and Sport
   Facilities and Equipment
   Trained staff – PE and Sport Teachers and Coaches
   Social support of friends
   Financial support from school management

b. Mass Media
   Policy
   Physical Environment

c. Examples of Strategies in schools
   Mass Media – Posters advertising events, News Feeds and Bulletins, Assembly Presentations
   Policy – Mandate of PE, Designated sport days & competitions, funding, availability of equipment and venues during lunchtimes and afterschool hours

d. Barriers in school setting
   No time in busy curriculum
   No support from management of school
   Poor culture of participation amongst students
   Social support lacking for PA
Staff not enthusiastic
No money for facilities or equipment

Question 4

Policy – Flexi hours, Incentives for being physically active, incentives for using public transport, subsidise gym memberships.
Physical Environment – clean, bright stairwells, carparks separated by green space, lockable bike storage, showers and locker facilities.