**APPLYING A SOCIAL-ECOLOGICAL MODEL TO CRITIQUE PHYSICAL ACTIVITY STRATEGIES**

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| **Name of program** | **Setting (School, Workplace or Community)** | **Strategies used at different levels of influence based on the Social Ecological Model** | | | |
| **Individual-level strategies** | **Social strategies** | **Physical environmental strategies** | **Policy & organisational strategies** |
| *Example: The Premiers Active Family Challenge-Doing 30 min of exercise for 30 days* | *Community* | *Families register on the internet to record their participation and be eligible for prizes* | *Families were encouraged to be active together in numerous indoor and outdoor physical activities.* | *No specific changes to the physical environment- but families were encouraged to be active within all sorts of natural and aquatic environments in addition to visiting man-made recreational and sporting facilities* | *Mass media campaign- radio, newspaper advertisements, website info, incentives & give away prizes. E.g. Participants received 20 visit pass for YMCA, discounts for Rebel Sports, National sports museum & Aquarium. School Rewards Programs.* |
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| Walking School Bus |  |  |  |  |  |
| Be Active: Workplace physical activity |  |  |  |  |  |
| Smart Moves:  Physical Activity Programs in Queensland State Schools |  |  |  |  |  |
| **CRITIQUING PHYSICAL ACTIVITY STRATEGIES** | | | | | |
| Which of the 3 examples of initiatives is **most** likely to be successful? Why? | | | | | |
| Which of the 3 examples of initiatives is **least** likely to be successful? Why? What could be done to improve it? | | | | | |