SAC 2: Gisborne S.C physical active lifestyle analysis

Learning Intention:

**To investigate activity patterns of adolescents.**

**The following outcome is completed in 3 parts.**

Task 1: *Back ground Information*

**Look at the data in your text book on pages 278-280. The data looks at certain age groups and their level of participation in physical activity in relation to** *The National Physical Activity Guidelines.*

**In a powerpoint presentation you are to answer and address the following questions:**

1. What are the National Physical Guidelines for each specific age group?
2. Look at **table 13.8** (page 278). Compare (use the form of a graph) the data of female and male activity levels of 14-16 year olds. Discuss the differences and reasons why you believe these differences exist.
3. What is electronic media?
4. Look at **table 13.12** on page 279. Compare (using the form of a graph) the data of male and female screen time in 14-16 year olds. Discuss the differences and reasons why you believe these differences exist.

Task 2: Conduct *Survey & Tabulate*

* **Your group needs to choose a year level and make time to organise the class to complete your survey.**
* **You then need to collect your surveys and analyse, graph and present the information in a Powerpoint presentation.**
* **Your group will be required to compare the collected information with existing data in Australia.**

1. **Graph the results from the data you have collected.**
2. **Include differences and similarities between your results and the national results**
3. **Include in information from the survey and compare to the national results.**

Task 3: *PRESENTATION*

Discussion points:

1. **Discuss the level of activity of the students you surveyed.**
2. **Discuss the major influences on adolescents' level of activity.**
3. **What was the most popular form of sport / activity ? Discuss the aspects of this activity that are appealing to adolescents.**
4. **Were there any differences in the activity patterns of males vs females ? Suggest reasons.**
5. **What were the most common barriers to participation and how can these be overcome?**
6. **Did the students surveyed exhibit positive attitudes to participation in physical activity?**
7. **Discuss the influences on the development of their attitudes.**
8. **Outline the long term effects that physical inactivity could have on adolescents.**

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**Your group will need to present your PowerPoint to the class.**

**You will be assessed on:**

* **Quality of information**
* **Presentation and creativity**
* **Address of three areas**
* **Key links to national data and comparisons between your data.**
* **Oral presentation skills**