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# Physical Activity Report.

Name...

Activity: Zumba	Date: 9/8/13
Influence: Popular View	Theme: Healthism.

What did you enjoy/not enjoy about the activity and **why** do you feel this way?  
 I enjoyed the activity because it was a fun workout, that everyone got involved in. it was also enjoyable being with my friend being active through dancing with loud music.

What are the characteristics of the activity that makes it appealing to other youth and **why** is this so?  
 The things that make Zumba appealing to youth is that ~~because~~ you can be social, dance and listen to music while getting fit and being active. However Zumba is more popular with adults/older people because they are still able to do the moves if you are less mobile (compared to youth). Also it is advertise to older people, so tends to attract them.

Describe one major societal influence on this form of physical activity and **explain why** it is an influence?  
 One major influence on Zumba ~~was~~ is popular view. Popular view is the belief that is shared by most people. It is often the message that is given to us by society about a particular subject. Popular view is an influence because of the stereotype of a 'perfect' toned body, that according to advertising ~~and magazine~~ Zumba can ~~and~~ give you. Zumba is an effective way to get the perfect body. Popular view says that we need to have the ideal body to fit in to society. e.g. tan, tight ass and cool hair.

Who is advantaged/disadvantaged by this influence and **why**? \*neering tight clothes.  
 People who are disadvantaged by the popular view on Zumba is overweight people as they may not feel comfortable joining a Zumba class full of fit, skinny, toned people (women mostly). Also they may struggle with some of the moves/dances. However overweight people are also advantaged when doing Zumba as ~~it~~ as it is a fun way to help lose weight and work towards getting the 'ideal' body. They may feel okay doing Zumba with skinny people because they are proud to be working towards losing weight (they are doing something about there weigh

How does this influence occur (happen)?  
 This influence happens through TV, adverts and informercials. This shows a large amount of fit people getting highly involved into Zumba. Also they interview ~~su~~ people who have been successful on losing ~~the~~ weight through Zumba. Zumba has a popular view because they show ads/interviews of people having fun, being social and losing ~~weight~~ weight while doing Zumba. People who see these ads are drawn into Zumba because it is popular.

Provide an example of this from your experiences when either playing or viewing this physical activity (i.e. watching the sport on tv):

When I was watching TV, an advert came on to promote zumba. Popular view influences this ad because everyone doing zumba in the ad had what society agrees on ~~the~~ ideal body. Effects were used to emphasize the positive impacts zumba has. For example the ad started off black and white to look boring when doing regular exercise then zumba started on the ad like a party, with heaps of people having fun. This is to hook in viewers, like myself, to give zumba a go.

Explain the implications (consequences positive or negative) of this influence on **yourself**: (Think about these questions: So what does this mean for me? What could I do about it? What changes could be made about this influence?)

I feel this influence. For me the message of popular view affects me in a positive way because it makes me want to ~~look like~~ have the perfect body, like the people on the zumba ad. Zumba is a healthy way to lose weight compared to the other extremes of healthism (lifestyle that prioritizes health and fitness over anything else). The extremes being anorexia or bulimic. These alternate ways to lose weight aren't healthy, zumba encourage people to become healthier not skinnier. Zumba also makes me feel good on the inside as I feel good when exercising and because you do zumba with friends you can smile and laugh with them. I could promote zumba within my school, this will allow people to give it a try. Leading them to realise it's a good time and a possible way to lose weight.

Explain the implications (consequences positive or negative) of this influence on **others**: (Think about these questions: So what does this mean for others? What could I do about it? What changes could be made about this influence?)

I feel the message of popular view is negative to ~~obese~~ overweight people as they have constant reminders of the ideal body, of which they don't have. Seeing adverts of zumba could go as far as being the trigger of depression in overweight people is because they are watching toned, tan 'perfect' people do zumba - something they are uncomfortable to do, due to the tight clothing. Something that could change this would be to make a range of clothing especially for zumba that is baggy (not tight). This way overweight people can join in with skinny people and feel just as comfortable when doing zumba.