

# Physical Activity Report.

Q 2 why?  
Q 3 why?

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Name:

Activity: Zumba	Date: 30th July 2013.
Influence: Popular view (popular thing to do)	Theme: healthism (healthy living)

1 What did you enjoy/not enjoy about the activity and **why** do you feel this way?  
What I enjoyed about zumba is that it is fun but it is a workout as well. This meant that it didn't feel like you were exercising as if you would when you go for a run because you had fun at the same time. So I enjoyed it because it motivated me to exercise because it was fun. I also enjoyed it because I am a dancer and I like to dance so zumba was like it.

2 What are the characteristics of the activity that makes it appealing to other youth and **why** is this so?  
Zumba appeals to other youth because it is fun and upbeat with popular music and you can do it as a group with friends. Unlike many other type of fitness zumba can be done in a class with a group of people which makes people think it is more enjoyable and are more motivated to exercise. However general health and fitness is more appealing to youth and zumba is more appealing to older people (females).

3 Describe one major societal influence on this form of physical activity and **explain why** it is an influence?  
One major influence on zumba is popular view. Popular view is the popular opinion, it is often the message that is given to us by our society about a particular subject → zumba. Popular view is an influence because people want to do the popular thing or have the latest equipment so they fit in. This influences people to try zumba. So has a major societal influence. Also because of the stereotype of looking good makes and the ideal body shape the people advertising zumba have, makes people want to have the popular, ideal body shape so are influenced to do zumba.

4 Who is advantaged/disadvantaged by this influence and **why**?  
Overweight people are disadvantaged AND advantaged by the popular view of zumba. They are advantaged because if they do it properly, they could become motivated to exercise and become fit and healthy. However they are also disadvantaged because they could be self conscious about their size and not go to a zumba class in the first place, or not like the type of tight clothing, or not be able to move as well as others. These factors could lead to them not wanting to go to a zumba class so are disadvantaged by zumba being so popular.

5 How does this influence occur (happen)?  
Popular view happens through TV's, magazines, photos, and mainly word of mouth. They influence us by having infomercials on TV which make us think by doing zumba we will get the ideal body and be fit and healthy. This is the idea of healthism. When we see photos in magazines etc (which are usually photo shopped) make us want to have the ideal body shape so we want to do that and it becomes the popular thing to do. If someone goes to a zumba class and enjoys it or sees an advert of someone

who suposibly did zumba to get the ideal body they could tell some body to do it and it becomes the popular thing.

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

An example of this was when I was watching TV and a Zumba advert came on. At the beginning, it was in black and white with no music which was trying to symbolize that your life is dull and boring and then when you try Zumba it is colourful and fun. This induces people to want to do and buy zumba products so make themselves happier. ALSO because the people advertising have the 'ideal' body shape, it makes the buyers think they would get the 'ideal' body as well.

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?)

The implications of popular view on me means that I would go to a zumba class or do a zumba workout because I want to fit into the ideal zumba body. The ideal body says you must be skinny but really we just need to be healthy. A negative consequence of this would be that because I do not fit into the 'ideal' body I feel self-conscious and not want to be in a zumba class with fit people who have good bodies. To change this influence I would make the zumba workout DVDs cheaper so people, and myself, could do it at home without worrying what other people think. This would lead to a more popular view of doing it at home because people wouldn't feel self-conscious and be able to become healthy and fit even if they don't have the 'ideal' body. Also another change that could be made would be to bring zumba classes to school so more youth would get involved and it would be more popular in youth. If my friends were involved in zumba it would probably make my participation increase because I could do it with people I knew so I would be more wanting to get involved.

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 this influence of popular view has a negative consequence on others. This is because of people thinking everyone needs to have a 'ideal' body. As a result, this makes others feel insecure about themselves so go to extremes to get themselves looking this way. This could lead to people becoming anorexic or bulimic to be able to look a certain way. But because they get so obsessed about not eating or exercising to the extremes it does not become healthy any more but rather unhealthy. To change this influence others could make sure they promote healthy living and healthism and NOT promote having the 'ideal' body, because most of our views of the ideal body is constructed due to the power of photoshop. So if we took this away, people would feel better about themselves and not begin to get so intense about being healthy it becomes unhealthy.