

Physical Activity Report.

Q7 more on change.
Q8 healthism extremes.

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Name: _____

Activity: Zumba	Date:
Influence: Popular view	Theme: Healthism

What did you enjoy/not enjoy about the activity and **why** do you feel this way?
 I enjoyed the bright clothing because it looked cool and I also enjoyed the loud music because it was fun to get into and dance to the beat with friends, which made it social and cool to do together as a group.

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 the loud music and 'dancing', although Zumba is more appealing to older people as teens tend to do sport in teams (eg. rugby, football) rather than go to a Zumba class. Also older people are the ones that advertise Zumba, so it tends to attract older people.

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 belief that is shared by most people. It is often the message given to us by our society about a particular subject. Popular view is an influence because of the stereotype of looking 'good'. Because of this people want to be fit and have a toned body, and according to advertising, Zumba is a good, effective fun way to get the perfect body. Another popular view stereotype is being fit and healthy, and Zumba is good for getting fit, so people are influenced to do Zumba and get fit. Popular influence says we need to be fit and look good to be fully accepted by society.

Who is advantaged/disadvantaged by this influence and **why**?
 Overweight people are disadvantaged by popular view and Zumba because in Zumba people wear tight clothing and that might make them feel uncomfortable because they don't have the body shape that society says is 'attractive'. Overweight people may also be disadvantaged because they may not be as co-ordinated as fitter people and may find Zumba too hard or embarrassing. People who are advantaged by popular view are able people, as they can use Zumba as a fun way to keep fit and socialise. The tight clothing wouldn't bother them as they have what society would call a 'good/attractive' body. They're able to move around and are generally more co-ordinated, therefore able to enjoy/benefit from it more.

How does this influence occur (happen)?
 Businesses and companies use popular view in Zumba and fitness to influence us by showing adverts/informercials on television of people enjoying Zumba and getting good results (losing weight/getting toned). They do this by interviewing people who have joined Zumba and got good results. This encourages people to join Zumba because they have seen people lose weight and they want to do the same. They will then be encouraged to go to Zumba, benefiting the businesses and companies because they get money from people joining.

and smiling

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

There are a range of examples, for example an advertisement on TV that was advertising Zumba classes. They were all smiling and happy, and all very toned. This helped the shape my opinion and ideas on it because it made Zumba seem like a very exciting social activity, that got you very toned/fit. It made me want to try it out, as it looked like a fun way to get fit. However this is not always the case, as some people that do Zumba aren't extremely toned or fit; and the ad said 'results may vary' in small writing.

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?)

For me the implications of popular view and healthism are positive. The message of healthism encourages me to eat healthy and exercise regularly to keep fit, and toned because that is the popular view. Since it is considered good to be healthy by popular view, I want to keep fit, which is a good thing for me because it means I stay healthy and slim, because that is considered attractive. For me, this means I am not bothered by the tight clothing used in Zumba, as I'm not overweight. I am also not worried about the fast moves as I am fit and can usually keep up. I could make change by trying to introduce looser clothing or easier/slower moves. This would help people who are overweight as they might feel uncomfortable in tight clothing or they may not be able to keep up with the hard/fast dance moves.

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?)

For overweight people, the implications of popular view and healthism are negative. Popular view is that people should be skinny and healthy, to fit in and overweight people don't fit into that category. In Zumba they wear tight clothing and this may make overweight people feel uncomfortable, as according to popular view, they don't fit into the 'attractive' category. Overweight people may also not be able to keep up with Zumba's fast moves and they may feel embarrassed. The message of healthism and popular view may make them feel bad about themselves or their bodies. Although, the message of healthism may also be a positive influence on overweight people as it may encourage them to lose weight and get healthy. Something that could be changed would be to bring in looser clothing and slower dance moves, or even have an easier Zumba class so overweight people will want to join in and feel comfortable.