Discussion Questions: Interventions for Ethnic Diverse Populations

(Chapter 7)

Concept 7.0  How does the ethnic diverse population group’s physical activity/exercise levels compare to Caucasians? If the activity levels differ, why?

Concept 7.1  What are the factors in successfully implementing physical activity and exercise intervention in the ethnic diverse population?

Concept 7.2  Discuss the interventions that promote cultural relevancy?

Concept 7.3  What are the barriers to physical activity in the ethnical diverse population? Are there differences in the barriers within ethnic diverse population? Discuss how one can overcome these barriers?

Concept 7.4  Discuss among your group the different existing physical activity programs for the ethnic population group? What are similarities and difference between these programs?

Activity:

Invite a person or people of different ethnic groups to come to class. Interview the person or people of different ethic groups about their exercise behavior. During the interview assess their level of self-efficacy, attitude about exercising, the importance of cultural relevancy, body image, and barriers to exercising. After the interview discuss your observations and provide a list of appropriate interventions the person or population group(s).