Physical Education
2 videos

**Socio-Ecological Model in Action**
Series: Changing Physical Activity Behaviour

Coasting is a stand up paddle boarding program aimed at improving women’s motivation and confidence through physical activity. This video examines the program in terms of the social-ecological model.

**The Social-Ecological Model: Changing Physical Activity Behaviour**
Series: Changing Physical Activity Behaviour

Why are some people physically active and others not? This program examines the social-ecological model and its four main categories of factors that influence participation in physical activity.