

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 a...

Year	Rating	Duration
2018	E	00:10:48



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 – indi...

2018	E	00:12:34
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