

EXERCISE AND SPORT SCIENCES REVIEWS



ESSR Journal Club

Covered Article: “Targeted Health Behavior Interventions Promoting Physical Activity: A Conceptual Model” by Philip J. Morgan, Myles D. Young, Jordan J. Smith, and David R. Lubans. *Exercise and Sport Sciences Reviews*. 44(2), April 2016.

1. Suggest two reasons why physical activity interventions have seen limited success to date.
2. List the four core intervention components featured in the conceptual model.
3. Give three examples of how the recruitment materials for the “Healthy Dads, Healthy Kids” program were socio-culturally targeted to attract fathers.
4. Provide three examples of socio-culturally relevant intervention components in the ATLAS program for teenage boys.
5. What is pedagogy and why should it be considered in the design of physical activity interventions?
6. How could the conceptual model be tested in future studies?
7. Provide some insights into how the *content* and *format* of a physical activity program could be socio-culturally targeted to optimize outcomes in a population subgroup of your choosing (*e.g.*, elite athletes, parents, sports teams).
8. Describe how a facilitator in your field could enhance their credibility, relatability, and likeability with your chosen subgroup. How would you score yourself on each metric (out of 10) in relation to your selected group?