



OVERCOMING BARRIERS

Name _____ Date _____

We need to identify factors relating to physical activity that we can and cannot control. Then we can find ways to deal with factors that are out of our control. For each of the following situations, place a check under the phrase that describes how much control you think you have.

	Complete control	Some control	No control
1. Weather			
2. Doing well in a physical activity			
3. Winning in a sport			
4. Having the equipment necessary to do the activities you like			
5. Living near a gym; pool; basketball, tennis, or handball court; or other exercise facility			
6. Having a safe place to exercise			
7. Being able to join a gym or athletic club			
8. Having exercise or fitness classes available			
9. Having people available for partner or team activities			
10. Having time to exercise			

Now the class will organize into small groups. Share how you marked the questionnaire with your group members. Discuss these points:

1. If a group member marked that he or she has “complete control” over a situation, does everyone in the group agree? For example, do we really have complete control over whether we win in a sport? (Isn’t the outcome affected by factors such as how long we’ve played the sport or the people with whom we’re competing?)
2. If a group member marked that he or she has “no control” over a situation, does everyone agree? For instance, can we all afford the same equipment?
3. Identify the situations in which we truly have “no control,” such as the weather, and the situations in which we have “some control,” such as doing well in an activity. As a group, brainstorm ways to keep lack of control from limiting your physical activity. Share your group’s ideas with the class.

Action Strategies

Here are some ways that you can deal with obstacles to being physically active:

1. Determine how much control you have over the obstacle.
2. Decide how you will deal with the obstacle.
3. Implement your plan for working around the obstacle and still being physically active.

Discuss Your Results

List at least two obstacles that you face in being physically active. Then describe one or more ways that you can or do work around each of these obstacles.
