

## ***ESSR Journal Club***

**Covered Article:** “Perspectives for Progress – Raising an Active and Healthy Generation: A Comprehensive Public Health Initiative”

Authors: Russell R. Pate and Marsha Dowda

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- 1) Discuss the health benefits associated with increasing physical activity (PA).
- 2) The authors provide a list of health behavior theories and conceptual frameworks. How could each be applied to plan and evaluate public health initiatives to increase children’s PA level?
- 3) How do the different levels of influence in the Social Ecological model interact and impact other levels?
- 4) How can the Exercise is Medicine® initiative be applied to the issue of increasing PA levels in children?
- 5) Children’s physical activity levels in physical education classes are known to vary considerably. What intervention strategies could be used to make these classes more impactful?
- 6) The authors’ note that while youth sports programs provide opportunities for PA, they face the challenges of drop-out rates and variable doses of PA. Discuss the studies cited and what strategies could be used to overcome the challenges.
- 7) Stand-alone media campaigns to promote PA have been evaluated to be inconsistently and moderately effective. Media has drastically changed in the past decade. Discuss the potential opportunities and challenges of a PA media campaign for today’s market.
- 8) PA disparities are discussed throughout the article. What impact have the implemented policies (*i.e.*, Title IX, Americans with Disabilities Act) had in addressing disparities? What work still needs to be done?