



**Video title:** 2.1 and 3.1 Active NZ Latest Research Part 2

**Learning outcome:**

- To build on our current knowledge and understanding of the Active NZ research
- To understand motivation to participate in physical activity
- To describe hurdles that get in the way of participating.

**Slide 3**

In this first section we're going to take a look at some of the motivators for participation. We will explore what motivates both young people and adults.

Two questions were asked here to generate the following data. Young people were asked: People do different activities for different reasons at different times. So, thinking about the last time you did this physical activity for sport, PE, exercise or fun, what was the main reason you did it?

While adults were asked: People do different activities for different reasons at different times. So, thinking about the last time you did this physical activity, what was the main reason you did it?

**See video for additional slides relating to motivation data**

**Slide 17**

In this last section we're going to take a look at some of the hurdles that prevent people from participating. Life is busy, for all of us. In some form or another we all deal with being too busy, managing our responsibilities or commitments and trying to remain motivated to participate.

So lets take a look first of all at the leading hurdles for young people, then we will contrast those with the leading hurdles for adults.

**See video for additional slides relating to motivation data**

**Slide 19**

If we can recognise and identify where these hurdles lie, we can incorporate strategies which minimise the impact of these hurdles on our day to day life. AS 91498 requires us to devise strategies for life long well-being, so this knowledge can be really beneficial in helping you form rock solid strategies.

**Slide 20**

To summarise,

We Looked at data relating to the latest Active NZ research

We identified some of the leading motivators for young people and adults

Then we identified some of the leading hurdles for young people and adults

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