

Part 1 – Community Interviews

Directions

Using the questions provided, survey 3 people (including young and older adults.) Design 2 unique questions to include in the questionnaire. Record their responses in the space below.

Questions

1. On average, how many hours of sleep do you get?
2. Do you eat breakfast regularly?
3. Do you enjoy exercising? Why? Why not?
4. If you had more time to exercise, which activities would you like to participate in? (aerobics, swim, etc.)
5. If you had an exercise partner, do you think you would likely exercise more or less? Why?
6. _____
7. _____

Responses:

Question	Person 1	Person 2	Person 3
1			
2			
3			
4			
5			
6			
7			

4th time

Part II – Interview a Health Professional

Directions

Interview a community health professional. (Example – Travis County Health and Human Services, American Cancer Society, Personal Trainer, Planned Parenthood etc.) This interview can be held over the phone or in person.

Introduce yourself as a student from Austin ISD and explain that you will be asking general questions about their profession and how members of the community.

Name of Health Professional _____

Job Title _____

Describe the population of individuals you work with.

How do these individual's behaviors, attitudes, etc. affect their health and your job?

How do their behaviors necessitate community resources?

Part III – Reflection

Directions

Answer the following questions on a separate piece of paper and turn it in with this handout.

1. How does your personal attitude toward Physical Activity and Personal Fitness differ from the individuals you surveyed in Part I? How are they similar?
2. How did the young and older adults attitudes toward Physical Activity and Personal Fitness compare and contrast? (Part I)
3. Explain why the Health Professional's job is important to members of the community. (Part II)
4. If individual's change their behaviors, attitudes, etc, to become more healthy or fit, what affects would you expect to see on the community as a whole? (personal health, community funding, etc.)