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Statement of participation

Halyna Zavarika

has completed the free course including any mandatory tests for:

Physical activity: a family affair

This 15-hour free course explored the effects that the family has on the amount and nature of physical activity a child participates in.

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www.open.edu/openlearn

Please go to the course on OpenLearn for full details:
https://www.open.edu/openlearn/health-sports-psychology/physical-activity-family-affair/content-section-0

COURSE CODE: **E313_1**

Physical activity: a family affair

https://www.open.edu/openlearn/health-sports-psychology/physical-activity-family-affair/content-section-0

Course summary

This free course, Physical activity: a family affair, aims to explore the effects that the family has on the amount and nature of physical activity a child participates in. The beliefs and behaviours of the family environment are the key psycho-social factors we investigate here.

Learning outcomes

By completing this course, the learner should be able to:

- summarise the main research evidence of family influence on a child's level of physical activity participation
- relate expectancy-value theory (Eccles, 1993; Eccles et al., 1983) to parental involvement in children's sporting experience
- understand how gender and parental gender stereotypes may affect parents' support of children's participation in sport.

Completed study

The learner has completed the following:

Section 1

What is the modern-day family unit?

Section 2

Socialisation into sport and physical activity

Section 3

Are children becoming less active?

Section 4

Theoretical perspectives of participation

Section 5

How important is the family environment?

Section 6

Gender differences

Section 7

Do active parents have active children?

Section 8

Putting the pieces together

Section 9

Beliefs and values