

Module 2: Looking in Your Blind Spot

Topic 5 Content: Group Activities

Introduction



There is an array of physical activities that you can do in groups. These are often fun because you get to exercise with friends or a group of people who share fitness interests. Such activities include team sports like basketball and volleyball, and instructor-led classes like yoga and martial arts.

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What Do You Do?



In group workout environments you will encounter situations where you may need to use your communication skills, critical thinking skills, or problem solving skills. For example, imagine you are a member at a local gym that only has one basketball court. Today, however, there are three teams of five individuals who want to play at the same time as you. What do you do?

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How to Resolve the Issue

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Possible Solutions

- Determine which team will play first, and then decide that the winner will play the remaining team.
- Have a set amount of play time for each team.

Key Points

- Ensure that everyone is treated fairly and with respect.
- Use calm tones, be polite, and make suggestions that are fair to all.

In a scenario like the one just described, you would have to think of a fair way to resolve the issue, and then effectively communicate your ideas to people you barely know. For example, you could problem solve how to determine which team will play first, and then decide that the winner will play the remaining team. Or maybe you could decide to have a set amount of play time for each team. Remember, regardless of the solution, you should ensure everyone is treated fairly and with respect. Use calm tones when communicating, be polite by saying excuse me, and make suggestions that are fair to all.