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Perceptions and experiences of young Black South African women with obesity from a low socioeconomic community after following a 12-week structured exercise intervention

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¹Health Through Physical Activity, Lifestyle and Sport Research Centre (HPALSS), FIMS International, Collaborating Centre of Sports Medicine, Division of Physiological Sciences, Department of Human Biology, Faculty of Health Sciences, University of Cape Town, Cape Town, South Africa, ²Safer/C/WITS Developmental Pathways for Health Research Unit (DPHRU), Department of Paediatrics, School of Clinical Medicine, University of the Witwatersrand, Johannesburg, South Africa, ³Biomedical Research and Innovation Platform, South African Medical Research Council, Tygerberg, South Africa, ⁴Non-communicable Diseases Research Unit, South African Medical Research Council, Tygerberg, South Africa

Background: Previous research has shown that Black South African (SA) women perceive a bigger body size to be acceptable and desirable, but nonetheless have shown interest in participating in community-based exercise programmes. This study aimed to investigate perceptions and experiences of participating in a 12-week exercise intervention designed to study the mechanisms of insulin sensitivity and secretion in young Black SA women with obesity.

Methods: Qualitative data was collected from young (23 ± 2.9 years) Black SA women ($n = 17$) residing in a low-income setting in Cape Town, who took part in a 12-week structured exercise intervention. Focus group discussions (FGDs) and in-depth interviews (IDIs) were conducted 1–4 months after the completion of the intervention. These were all audio recorded and took between 45 and 60 min. The recordings were transcribed, translated and qualitative content analysis, entailing a systematic process of coding and identification of salient themes, was conducted using the ATLAS.ti software.

Results: Six broad themes were identified from participants' experiences and perceptions: motivational factors, acceptability of the programme, barriers, sustainability and influencing others, benefits of being physically active, definitions and perceptions of exercise. Anticipated weight loss and financial remuneration were identified as motivational factors for enrolment and retention in the exercise programme. Aspects of the training environment and feelings of wellness appeared in the acceptability, sustainability and benefits themes, whereas time scheduling and travel constraints were regarded as barriers. Exercise was perceived as the maintenance of a healthy body, and in some cases, only relevant for specific groups.

Black Tents A Socioeconomic Study

**United States. Rehabilitation Services
Administration**



Black Tents A Socioeconomic Study:

The Black Tents Fazlallāh Rūhānī, 1992 *Nomads in Postrevolutionary Iran* Lois Beck, 2014-09-19 Examining the rapid transition in Iran from a modernizing westernizing secularizing monarchy 1941-79 to a hard line conservative clergy run Islamic republic 1979 this book focuses on the ways this process has impacted the Qashqa'i a rural nomadic tribally organized Turkish speaking ethnic minority of a million and a half people who are dispersed across the southern Zagros Mountains Analysing the relationship between the tribal polity and each of the two regimes the book goes on to explain the resilience of the people's tribal organizations kinship networks and politicized ethnolinguistic identities to demonstrate how these structures and ideologies offered the Qashqa'i a way to confront the pressures emanating from the two central governments Existing scholarly works on politics in Iran rarely consider Iranian society outside the capital of Tehran and beyond the reach of the details of national politics Local level studies on Iran accounts of the ways people actually lived are now rare especially after the revolution Based on long term anthropological research *Nomads in Postrevolutionary Iran* provides a unique insight into how national level issues relate to the local level and will be of interest to scholars and researchers in Anthropology Iranian Studies and Middle Eastern Studies Issues in Sociology and Social Work Research and Application: 2012 Edition , 2013-01-10 *Issues in Sociology and Social Work Research and Application 2012 Edition* is a ScholarlyBrief that delivers timely authoritative comprehensive and specialized information about Demographic Science in a concise format The editors have built *Issues in Sociology and Social Work Research and Application 2012 Edition* on the vast information databases of ScholarlyNews You can expect the information about Demographic Science in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of *Issues in Sociology and Social Work Research and Application 2012 Edition* has been produced by the world's leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com> Pandemics, Poverty, and Politics Tyler B. Evans, 2025-08-05 A compelling exploration of how socio political factors like inequality and poverty exacerbate pandemics In a world where millions perish from preventable diseases amid unprecedented wealth and technological advancement *Pandemics Poverty and Politics* illuminates a central paradox of our times This compelling work by a seasoned physician and global health leader unravels the complex web of social political and economic factors driving pandemics and other public health crises Drawing from over two decades of experience in the public health field Tyler B Evans MD MS MPH presents a unique and deeply personal narrative The book begins with a foundational introduction to social medicine and health systems as well as the social and political determinants of health Dr Evans provides readers with examples of every major pandemic starting with the turn of the twentieth century to current

times beginning with the third plague and ending with COVID 19 highlighting the common social and political drivers of these outbreaks Fractured health systems worsened by social disruption place inordinate stress on societies and disproportionately impact the most vulnerable These historic examples of pandemics in addition to more contemporary examples of ongoing epidemics and major public health concerns ranging from malaria and neglected tropical diseases to influenza HIV AIDS diarrheal diseases Ebola and tuberculosis reinforce how sociopolitical factors build upon each other Case in point high population stress following political repression and unrest in apartheid South Africa contributed to a major outbreak of HIV in the 1990s as did multinational diamond mining and minimal infrastructure help precipitate the worst ebola outbreak in history in Sierra Leone While scientific advancements have progressed the failure to address underlying social inequities leaves us vulnerable to even more devastating health crises This book is an essential read for public health and health care professionals policymakers social science researchers students and anyone committed to understanding and mitigating the complex factors that underpin global health emergencies Nomadic Peoples ,2008 *Prismatic Metropolis* Lawrence D. Bobo,Melvin L. Oliver,Jr. James H. Johnson,Abel, Jr. Valenzuela,2000-11-02 This book cuts through the powerful mythology surrounding Los Angeles to reveal the causes of inequality in a city that has weathered rapid population change economic restructuring and fractious ethnic relations The sources of disadvantage and the means of getting ahead differ greatly among the city s myriad ethnic groups The demand for unskilled labor is stronger here than in other cities allowing Los Angeles s large population of immigrant workers with little education to find work in light manufacturing and low paid service jobs A less beneficial result of this trend is the increased marginalization of the city s low skilled black workers who do not enjoy the extended ethnic networks of many of the new immigrant groups and who must contend with persistent negative racial stereotypes Patterns of residential segregation are also more diffuse in Los Angeles with many once black neighborhoods now split evenly between blacks Hispanics Asians and other minorities Inequality in Los Angeles cannot be reduced to a simple black white divide Nonetheless in this thoroughly multicultural city race remains a crucial factor shaping economic fortunes A Volume in the Multi City Study of Urban Inequality Alienation Studies Paul Seeman,Teresa Seeman,2024-07-13 This book compiles cross cultural studies on alienation undertaken by the late Dr Melvin Seeman including relevant historical and theoretical contexts and analyses related to the ongoing development of the alienation model and its counterparts in the behavioral sciences Chapters track the development of this model across a half century of interdisciplinary research encompassing various research partnerships over the years Research in Education ,1974

RSA Research Information System United States. Rehabilitation Services Administration,1975 *Cancer Research in Hispanic Populations in the United States* ,1995 **Resources in Education** ,1998 *A Critical Youth Studies for the 21st Century* ,2014-11-27 In A Critical Youth Studies for the 21st Century Peter Kelly and Annelies Kamp present an edited collection that explores the challenges and opportunities faced by young people in an often dangerous 21st century In an

increasingly globalised world these challenges and opportunities include those associated with widening inequalities precarious labour markets the commodification of education the hopes for democracy and with practising an identity under these circumstances and in these spaces Drawing on contemporary critical social theories and diverse methodologies contributors to the collection who are established and emerging scholars from the Americas Europe and Asia Pacific open up discussions about what a critical youth studies can contribute to community policy and academic debates about these challenges and opportunities Contributors are Anna Anderson Dena Aufseeser Judith Bessant Ros Black Daniel Briggs Laurie Browne David Cairns Perri Campbell James C t Ann Dadich Maria de Lourdes Beldi Alacantha Nora Duckett Deirdre Duffy Angela Dwyer Christina Ergler Michelle Fine Madeline Fox Andy Furlong Theo Gavrielides Henry Giroux John Goodwin Keith Heggart Luke Howie Amelia Johns Annelies Kamp Peter Kelly Fengshu Liu Conor McGuckin Majella McSharry Filipa Menezes Magda Nico Pam Nilan Henrietta O Connor Jo Pike Herwig Reiter Geraldine Scanlon Keri Schwab Michael Shevlin Adnan Selimovic Joan Smith Jodie Taylor Steven Threadgold Vappu Tyysk Brendan Walsh Lucas Walsh Rob Watts Bronwyn Wood Dan Woodman and David Zyngier A Critical Youth Studies for the 21st Century is now available in paperback for individual customers

Studies in the Measurement of Voter Turnout, 1990 This publication includes three papers which explain different aspects of measuring voter behavior The studies indicate that there is a socioeconomic component to overestimating voter turnout as well as survey design and weighting effects

Shades of Black William Cross, 1991-12-18 In this controversial and path breaking book William E Cross Jr presents the diversity and texture that have always been the hallmark of Black psychology Shades of Black explodes the myth that self hatred is the dominant theme in Black identity With a thorough review of social scientific literature on Negro identity conducted between 1936 and 1967 Cross demonstrates that important themes of mental health and adaptive strength have been frequently overlooked by scholars both Black and White obsessed with proving Black pathology He examines the Black Power Movement and critics who credit this era with a comprehensive change in Black self esteem Allowing for a considerable gain in group identity among Black people during this period Cross shows how before this working and middle class and even many poor Black families were able to offer their progeny a legacy of mental health and personal strength that sustained them in their struggles for political and cultural consensus Author note William E Cross Jr is a psychologist and Associate Professor in the Africana Studies and Research Center of Cornell University

Navigating Precarity in Educational Contexts Karen Monkman, Ann Frkovich, Amira Proweller, 2022-08-01 This volume offers a timely collection of research based studies that engage with contemporary conditions of precarity across an array of locations exploring how it is understood experienced and acted upon by educators in schools universities and nonformal educational spaces Precarity presents as layered unpredictable destabilizing and rapidly shifting sociopolitical and economic dynamics shown here in various forms including the global pandemic divisive populist politics displacement of refugees and the landless race and gender injustices and neoliberal policies that constrain

educational and social possibilities Grouped around reflection educational practice and social activism the authors show how educators engage these precarious conditions as they work toward a more interconnected humane and just society This text will benefit researchers academics and educators with an interest in social foundations of education multicultural and social justice education educational policy and international and comparative education sociology and anthropology of education and cultural studies within education among other fields **The Western Journal of Black Studies** ,1983

Bibliography on Racism, 1972-1975 Center for Minority Group Mental Health Programs (U.S.),1978 *Bibliography on Racism* Center for Minority Group Mental Health Programs (U.S.),1972 Issues in Child Health and Adolescent Health A. Baum,J. E. Singer,Jerome L. Singer,2013-05-13 Published in 1982 *Issues in Child Health and Adolescent Health* is a valuable contribution to the field of Psychology PP **Growth, Maturation, and Physical Activity** Robert M. Malina,Claude Bouchard,Oded Bar-Or,2004 This updated edition features three new chapters and current research findings Topics include prenatal growth and functional development motor development thermoregulation obesity in childhood and adolescence and more

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