

## Case studies of young people

**Source:** Unit author, Dr Jo Harris

### **Three case studies each based on a young person's lifestyle.**

- 1 Sam is 16 years old and a keen sportsperson. She enjoys her PE lessons and is considering teaching PE as a career. She is a member of a local football club and a tennis club. She is outgoing and sociable. Sam is slim and generally eats what she wants. She particularly enjoys 'fast food'. Sam drinks alcohol in moderation at weekends and has the occasional cigarette when she is out with friends.
- 2 Nick is 14 years old and generally dislikes PE and most sports. He takes part in school PE lessons but shows little enthusiasm. He cycles to school each day and enjoys skateboarding at weekends. He tends to be a loner and spends much of his free time alone in his bedroom, watching TV, listening to loud music and using his computer. He is a little overweight and enjoys his food. He does not drink alcohol and does not smoke.
- 3 Jo is 13 years old. She willingly takes part in PE lessons and is a reserve for the school netball team. She would like to join a club outside of school but doesn't think she is good enough. She has the same small circle of friends inside and outside school and they enjoy talking, shopping and going to the cinema. Jo is neither overweight nor slim and is a 'fussy' eater: she eats lots of fruit but hates vegetables. Jo has drunk cider at the occasional party and tried a cigarette once but didn't enjoy it.