

LONG ISLAND UNIVERSITY – BROOKLYN CAMPUS
FALL 2012
URBAN HEALTH ISSUES (HS 325-01)

Homework Assignment # 3 (Community Assessment for Physical Activity)

In this HW assignment you will learn the methods and strategies for assessing the Built Environment of a community outdoor space (Streetscape or Recreation area) for Physical Activity. For simplicity and completeness you will choose a recreation facility (Public Park) in your own neighborhood or zip code area as the subject of this exercise. To conduct the assessment you will follow the guidelines summarized in the online course called, “*Assessing the Built Environment for Physical Activity*,” created by the University Pennsylvania’s Built Environment Assessment Training (BEAT) Institute, which you must complete in part to do this assignment.

This online course is a very comprehensive and detailed, but we will only focus a few of modules to custom fit the course content to our New York City specific built environment and the public park recreation space, which you will use for your assessment.

So to begin you must first register for the online course at www.med.upenn.edu/beat . Create a profile, follow the instructions, and begin viewing both the Introduction narrated by course creator, Dr. Jim Sallis and then view the Introduction module for the BEAT course. We will also devote some class time to the website so we’ll have an opportunity to review the site and answer any questions and trouble shoot any difficulty you may have navigating the course modules.

After you complete the introductions, next view the PARA module in its entirety. The PARA is a simpler of the two assessment models that are covered in the BEAT course, PARA stands for Physical Activity Recreation Assessment. The PARA module will cover all the elements you will likely find in a recreation space, such as Amenities, Facilities, Incivilities and other Features that contribute to the usability of the recreation space and its overall Physical Activity score. After you complete the online learning modules you should be able to head out to your chosen Public Park or recreation space and conduct you PARA assessment. The PARA score sheet, along with the instructions for use are also included in this HW assignment.

After you conduct your PARA assessment of your chose public park space you should submit the following with this HW assignment:

- 1. Locate your chosen park space on one of the online mapping programs (Google Maps, MapQuest, Yahoo Maps, etc.) and print out a copy of the park map space along the surrounding streetscape.**
- 2. Include a copy of your PARA score sheet with your HW submission with the final rating score you have chosen (review the PARA module for the scoring options). The PAPA Score Sheet and Instructional Manual are on BlackBoard.**
- 3. Proved a brief summary of your findings and your opinion about the usability of your chosen park and why or why not you believe it would encourage or deter physical activity among local residents. What’s your overall justification?**

Assignment due next week. Good luck!