

What is important in a good oral presentation ?

Body language voice slides notes smiling interacting with audience
complexity eye contact timing signposting

What makes a good introduction ?

In what order would you do these :

Outlining the objectives of a talk *Giving definitions and examples to illustrate the topic*
Identifying a specific problem/question *Connecting with your audience*
Announcing the general topic of your presentation *Justifying the importance of the topic*

1
2
3
4
5
6

Singposting : take notes in the table below to have useful tools for your presentations.
What will you say to :

Refer to a slide	
Indicate you want to move on	
Move between slides	
Refer to specific points on slides	

Introduction

Good afternoon. The subject of today's presentation is the determinants for people doing physical activity, which are important for health professionals to understand as they may increase likelihood of adhering to or avoiding physical activity in their daily lives.

These factors can be, erm... can be categorized into two main groups: reasons for being active and barriers to an active lifestyle. We can see that the first reason for being active includes good health, erm, a reduction in stress, and social benefits like meeting people and extending your social network. Erm, it also helps with managing your weight, and of course, for many people it offers fun and enjoyment.

Extract 1

OK, how many people here take some kind of exercise on a regular basis? Hands up. OK... And how many people don't take regular exercise, but would like to? Right, quite few... And who doesn't take any exercise and is happy with that? OK, not so many... That's good.

Well, _____, in today's presentation I'm going to talk to you about the determinants or factors influencing whether or not people engage in physical activity. What is that, what is it that makes some people maintain an active lifestyle and, and not others? Now... these determinants are particularly important for health professionals to understand because they provide an indication of what it is that increases the likelihood of people actually sticking to, or avoiding, physical activity. OK, so ... _____, the reason for having this is, here we have an image that shows some of the positive factors influencing people in terms of exercise. We'll come back to this image in a little bit. _____ the determinants in more details. _____ OK...

Now, next, _____, we can see that these factors can be categorized into two main groups. The first group is reasons for being active and the second group is some of the possible barriers to an active lifestyle. So... _____, we can see that the reasons for being more active include – these are pretty obvious – better health generally, an overall reduction in stress, and social benefits like meeting new people, but also doing things together, you know, with people... this is known to be really important for well-being. And there are of course other

benefits... weight management becomes easier, active people tend to have more energy... and there are simple things like fun and enjoyment, you know. So, _____: improvements in health...

Extract 2

_____ the key determinants which affect an active lifestyle. These can be divided into three key categories, which _____ are environmental determinants, personal determinants, and behavioural determinants... so that's basically where we are, who we are, and what we do.

_____, environmental determinants, these are made up firstly of social factors, that's things like cultural influences and the influences of peer group and the family... And then also physical factors, and these include both man-made and natural features.

_____, under social factors we have, for example, social support, which is provided by peers, family, er, friends, or by other significant people in an individual's life. This can take a number of forms – it can be personal encouragement to take part in sporting activities or outdoor events, actual physical assistance, or information given by individuals or groups such as charities... and the help they give can vary in frequency, durability, and intensity. So... so that's social factors...

_____ physical factors. These can influence physical activity patterns both actively and passively. The physical environment is obviously a major factor in increasing physical activity, as it has the potential to influence large groups, or even entire populations...

_____ the sub-heading: supportive physical factors in the environment. These include features like parks, cycling trails, and footpaths. These obviously provide opportunities for sport and leisure activities in urban environments where green space, or usable outdoor space, is limited. Many towns and cities still lack such amenities, which along with busy roads, congestion, and safety concerns, can actively discourage physical activity. Obviously, access to such amenities is easier in the countryside, but even there, lack of facilities can also be a barrier to activity.

OK, _____ our second key category: personal determinants.

