

Duty

Title: Understanding Physical Culture through a Real-World Example

Case Study:

A local community center is launching a new physical activity program aimed at promoting health and social interaction among its members. The program includes weekly dance classes, morning walks, fitness workshops, and traditional sports tournaments. The program is designed for all age groups, from children to elderly participants.

The center's director wants to ensure that the program reflects the values of **physical culture** and contributes to the well-being of the community.

Questions:

1. Define "physical culture" in your own words, based on what you have learned.
2. Explain how the activities in the program reflect the concept of physical culture. Give two examples.
3. Identify one potential challenge in implementing this program and suggest a solution.
4. In your opinion, how does physical culture contribute to the identity of a community?

Instructions:

- Write your answers clearly and concisely.
- Your answer should not exceed **300 words**.
- Submit your work as a single document via the platform