

## Discussion 7

### A. Strategy One

1. My interest is fitness and the way people learn the literacy of the gym.I

dedicate many hours to weightlifting but I have observed that new gym-goers face difficulties when trying to understand exercise terminology and machine operation and gym rules. For my research foundation, I will focus on the terms discourse community and literate activity. The gym community functions as a discourse because it operates through its own established rules and vocabulary and collective beliefs.

2. a) The stakeholders who use the gym facilities consist of three groups: gym members who include both new users and frequent weightlifters and personal trainers.

b) Locally, this affects college students trying to get in shape at places like the UCF RWC. The research shows how different health and body culture trends have moved throughout the nation.

c) It's relevant because fitness literacy can change people's confidence and physical health. People tend to stop visiting the gym during their initial stages because they feel both confused and fearful.

d) Researching this helps me as a student and lifter. The research reveals the reasons behind gym literacy difficulties for specific people while presenting methods to build accessible fitness spaces.

## Strategy Two

While reading articles about literacy outside of classrooms, I found several studies about sports literacy and health communication. The article explored how people understand fitness professional instructions through the concept of health literacy. The paper investigates how CrossFit communities create their group identity by using specific language and practicing similar activities. The sources led me to understand gym literacy extends beyond weightlifting skills because it requires knowledge about becoming part of a fitness community.

The core of my research remains unchanged, yet I have refined it to investigate how gym culture discourse influences new members to build self-assurance and social connection.

So for the final question:

How does learning the literacy of gym culture affect beginners confidence and long-term participation in fitness?