

## Practice Scenario #1 & Graphic Organizer

Your aunt (30 years old, 140 lbs, 5'7") has heard that you have completed the fitness component of your high school Physical Education curriculum, and she stops over one evening to talk to you about a concern she has. In a physical fitness assessment, your aunt was determined to have low aerobic fitness and fell into the marginally fit category for both muscle strength and endurance. She was also determined to be low in flexibility. Her body fat percentage of 25 was marginally high. Her  $HR_{rest}$  and  $BP_{rest}$  were both marginally high, but these may be the result of her sedentary lifestyle as she does not participate in any aerobic activities or sports. Your aunt wants to do something positive to remedy her fitness shortcomings, but her family members believe that it will be a waste of time and money thinking that she will not stick with it. She brings you two advertisements for fitness/exercise alternatives and would like your advice as to which program would best meet her needs.

**Part 1 (a): Summarize both the person's fitness and exercise goals and their personal, social, and program concerns based on the information found in the scenario.**

**Part 1 (b): Identify the advantages and disadvantages of the facility and program alternatives presented in the two advertisements as they relate to the person's fitness and exercise goals.**

Fitness/Exercise Goals (indicate only those that are relevant)	Advantages Alternative in Advertisement #1 Name: _____	Disadvantages Alternative in Advertisement #1 Name: _____
Cardiorespiratory		
Muscle Strength		
Muscle Endurance		
Flexibility		
Body Composition		

Fitness/Exercise Goals (indicate only those that are relevant)	Advantages Alternative in Advertisement #2 Name: _____	Disadvantages Alternative in Advertisement #2 Name: _____
Cardiorespiratory		
Muscle Strength		
Muscle Endurance		
Flexibility		
Body Composition		

**Part 1 (c): Identify the supports and barriers of the facility and program alternatives presented in the two advertisements as they relate to the person’s personal, social, and program concerns.**

Personal, Social, and Program Concerns (indicate only those that are relevant)	Alternative in Advertisement #1 Name: _____		Alternative in Advertisement #2 Name: _____	
	Supports	Barriers	Supports	Barriers
Activity preferences				
Lack - experience/skill				
Past experience				
Support				
Scheduling				
Location				
Cost				
Equipment – types				
Active aerobics programs				
Active sports and recreation				
Supervision/Instruction				

**Part 2: In an essay, recommend and justify one of the two alternatives presented in the advertisements that best meets the person’s fitness and exercise goals and their personal, social, and program concerns.**