

Practice Scenario #1 & Graphic Organizer
(with answer parameters)

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

Answer Parameters:

Essential information is expected to show evidence of an understanding of the personal fitness and exercise goals and the personal, social and program concerns of the individual cited in scenario.

3-Level responses would provide correct *essential information* accurately summarizing the person’s fitness and exercise goals and personal concerns. For example, a response might include: *“Your 30-year old aunt is concerned about her overall fitness level and her weight. Her goal is to remedy her fitness shortcomings. Her family is not supportive being concerned about her ability to stick to a program with its accompanying expenses.”*

4-Level responses would build on the correct *essential information* (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: *“Your 30-year old aunt specifically needs to improve her aerobic fitness, strength and endurance, and maintain or improve her flexibility. Her blood pressure is also a concern, and she wishes to reduce her body composition through exercise. She is being proactive in her attempt to remedy her fitness needs, but she must realize that the concerns of her family about her ability to adhere to a program with its accompanying expense may be legitimate and needs her commitment to adhere to a fitness program.”*

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.

Answer Parameters:

Essential information is expected to show evidence of an accurate interpretation of the information regarding the advantages and disadvantages of the program alternatives that appear in the two advertisements and how they relate to the exercise needs of the individual cited in the Scenario.

3-Level and 4-Level responses both require the accurate identification of the advantages and disadvantages of the programs and equipment offered through the advertisements in order to write the Part 2 essay.

Fitness/Exercise Goals (indicate only those that are relevant)	Advantages Alternative in Advertisement #1 <u>Community Recreation Center</u>	Disadvantages Alternative in Advertisement #1 <u>Community Recreation Center</u>
Cardiorespiratory	Multiple options available: active aerobics, active sports, and active recreation; classes and fitness machines	
Muscle Strength	Option available: free weights	No machines
Muscle Endurance	Option available: free weights	No machines
Flexibility	Options available: Pilates and yoga led by instructor	
Body Composition		Not addressed

Fitness/Exercise Goals (indicate only those that are relevant)	Advantages Alternative in Advertisement #2 <u>Home Fitness Equipment</u>	Disadvantages Alternative in Advertisement #2 <u>Home Fitness Equipment</u>
Cardiorespiratory	Exercise bike only option	Lack of activity options
Muscle Strength	Options available: free weights, exercise ball	
Muscle Endurance	Options available: free weights, exercise ball	
Flexibility	Options available: exercise ball and mat	
Body Composition		Not addressed

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.

Answer Parameters:

Essential information is expected to show evidence of the supports and barriers of the two fitness options presented in the two advertisements as they impact on the adherence of the individual to a personal fitness/physical activity program.

3-Level and 4-Level responses both require the accurate identification of the supports and barriers found in the alternatives presented in the two advertisements in order to write the Part 2 essay.

Personal Concerns (indicate only those that are relevant)	Alternative in Advertisement #1 <u>COMMUNITY RECREATION CENTER</u>		Alternative in Advertisement #2 <u>HOME FITNESS EQUIPMENT</u>	
	Supports	Barriers	Supports	Barriers
Activity preferences				
Lack - experience/skill	Instruction available			
Past experience				
Support		Poor family support		Poor family support
Scheduling	Widely available		Any free time	
Location		Involves travel	Always available	
Cost		Cost could be an issue		Initial cost could be an issue
Equipment – types	Limited options			Limited options
Active aerobics programs	Many and varied options			Exercise bike only
Active sports and recreation	Many and varied options			None
Supervision/Instruction	Many and varied options		Instruction through DVDs	No personal instruction

Answer Parameters:

Essential information would show evidence of the understanding and application of information. The essay will be based on information found in Part 1(a): Goals and Concerns, Part 1(b): Advantages and Disadvantages, and Part 1 (c): Supports and Barriers. The response will be a recommendation with an explanation for the selection of one fitness option to meet both the person's exercise goals and personal needs. **Either alternative is a viable choice provided that appropriate reasoning is presented.**

Recommendation: HOME FITNESS EQUIPMENT

A 3-Level response would provide correct *essential information* providing an accurate summary and a clear recommendation with reasonable justification. For example, a response might include: "I recommend that my aunt purchase a set of home fitness equipment. The reasons are the following:

- I believe my aunt is sufficiently motivated to make good use of the included DVDs to become proficient in the use of the home fitness equipment.
- Purchase of the home fitness equipment is a one-time expense, while participating at the Community Recreation Center would, over the long term, require membership and exercise class fees.
- She can exercise at home whenever she has free time and does not have to worry about travel, weather, and access to the Center.
- The equipment, although limited, addresses the activity components of physical fitness that address her fitness needs.

A 4-Level response would build on the correct *essential information* (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: "I recommend that my aunt purchase a set of home fitness equipment. The reasons are the following:

- She has not been physically active for a long time, and I am not aware of any specific activity preferences that she might have and therefore a home fitness program should meet her needs.
- While the lack of a human instructor might prove a shortcoming, I believe my aunt is sufficiently motivated to make good use of the included DVDs to become proficient in the use of the equipment.
- Purchase of the home fitness equipment is a one-time expense, while participating at the Community Recreation Center would, over the long term, require periodic membership and exercise class fees.
- Her success in achieving her goals will be dependent upon her motivation inasmuch as she does not have an instruction or family support.
- She can exercise at home whenever she has free time and does not have to worry about travel, weather, and access to the Center.
- The equipment, although limited, is designed to meet the requirements of a program that addresses the activity components of physical fitness that address her fitness needs, and very few individuals would ever take advantage of all of the activities offered at the Center.

Recommendation: COMMUNITY RECREATION CENTER

A 3-Level response would provide correct *essential information* providing an accurate summary and a clear recommendation with reasonable justification. For example, a response might include: "I recommend that my aunt participate in the fitness activities offered at the COMMUNITY RECREATION CENTER." The reasons are the following:

- She has not been physically active for a long time; therefore the instruction that is available for activities would be beneficial.
- Participating with others in supervised and/or group activities might counteract the negative influence of a lack of family support.
- The COMMUNITY RECREATION CENTER is readily available through the day and many evenings.
- The COMMUNITY RECREATION CENTER provides a very wide range of active aerobics and active sports and recreation activities.

A 4-Level response would build on the correct *essential information* (3-Level expectation) by adding a higher level of detail or further information. For example, a response might include: "I recommend that my aunt participate in the fitness activities offered at the COMMUNITY RECREATION CENTER.. The reasons are the following:

- She has not been physically active for a long time, and I am not aware of any specific activity preferences that she might have.
- The instruction that is available for active aerobics and active sports and recreation is presented by professionals in a well planned exercise environment.
- Participating with others in supervised and/or group activities might counteract the negative influence of a lack of family support, while exercising at home would not have that support element and would not eliminate negative family opinions.
- The COMMUNITY RECREATION is readily available through the day and many evenings even though exercising can be done at home whenever free time is available.
- The COMMUNITY CENTER provides a very wide range of active aerobics (aerobic classes, machines, swimming pool, walking, jogging) and active sports and recreation activities (volleyball, basketball, handball, racquetball, squash) while at home choice would be very limited.