

## Practice Scenario #2 & Graphic Organizer

Your bachelor uncle, the middle-aged stockbroker, recently went to the doctor after experiencing pains that started in his neck and then continued down his left arm. The doctor diagnosed the problem as angina and warned your uncle that he would have to drastically change his high stress lifestyle or risk having a heart attack. His angina was the result of both poor cardiorespiratory fitness and high blood pressure brought about by a very sedentary, although well paid, lifestyle. All this was quite a shock to your uncle, as he was considered possible pro football material until he blew out his knee his junior year of college. The doctor strongly advised your uncle to immediately begin a program that would address his poor cardiorespiratory fitness as well as his other diagnosed problems of poor muscle endurance and flexibility and being overweight. One evening your uncle, knowing that you had just completed a study unit in fitness, drove from his hobby farm 10 miles outside of town to your home to show you two advertisements one of which he hoped would meet the doctor's fitness recommendations. He asks you to review the advantages and disadvantages of the features described in the two advertisements and to recommend the one best to meet his needs and goals.

**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.**

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

<b>Fitness/Exercise Goals (indicate only those that are relevant)</b>	<b>Advantages Alternative in Advertisement #2 Name: _____</b>	<b>Disadvantages Alternative in Advertisement #2 Name: _____</b>
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.**