

Physical Education-----Epidemiology of Physical Activity

Reading Comprehension

"Physical Activity in the United States: Data from the 1996 Behavioral Risk Factor Surveillance System"

You are the Surgeon General of the United States, the doctor who is most responsible for the health of the American public. You must write a report to let Americans know that there is a problem affecting the health of many because of physical inactivity. Review the data in charts A-D from surveys asking Americans about their physical activity. Be prepared to answer the questions that pertain to each chart.

Chart A.

Physical Activity, U.S. Adults
(1996 BRFSS, Age-Adjusted)

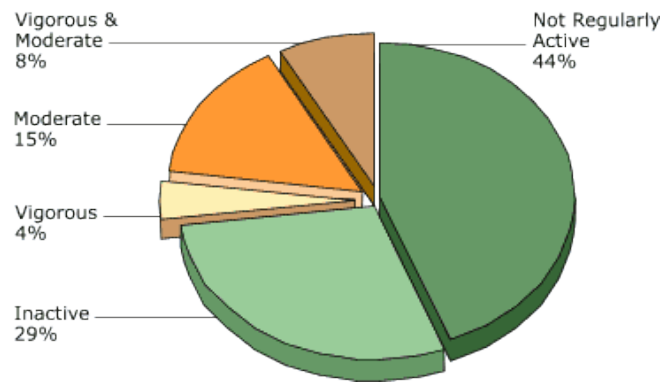


Chart B.

Physical Inactivity by Age
(1996 BRFSS)

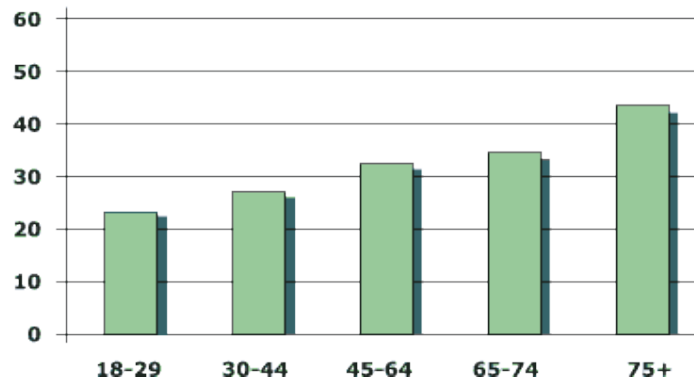


Chart C.

Physical Inactivity by Education
(1996 BRFSS, Age-Adjusted)

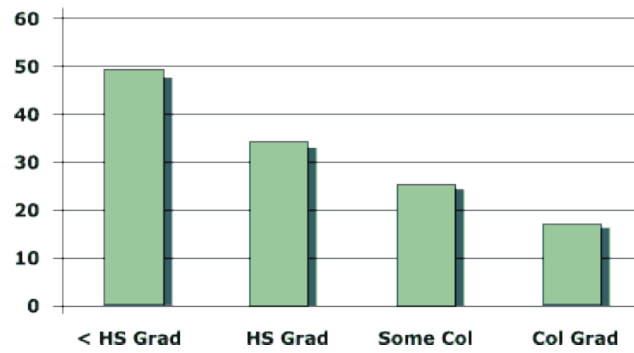
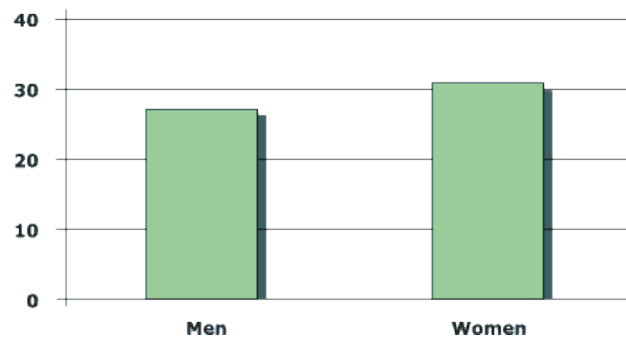


Chart D.

Physical Inactivity by Gender
(1996 BRFSS, Age-Adjusted)



Directions For The Epidemiology Of Physical Fitness

Please interpret the graphs from above and write the answer in the space provided.

1. According to chart A, a majority of Americans report that they are: circle one
 - a. physically inactive
 - b. regularly active.

2. According to chart B, the majority of Americans aged 65 to 74 years report that they are the _____ physically active. Circle one
 - a. Most
 - b. least

3. According to chart C, what percentage of high school graduates are physically active?
 - a. 52%
 - b. 32%
 - c. 22%

4. According to chart D, what gender was the most inactive?
 - a. males
 - b. females

Writing Prompt For The Epidemiology Of Physical Activity

Do you agree with the descriptions of the data depicted in the above graphs? Please write a short explanation supporting your opinion. Use must use complete sentences, correct spelling, and proper grammar.

According to the graph below, answer the following questions:

What grade had the most students that played on one or more sports teams?

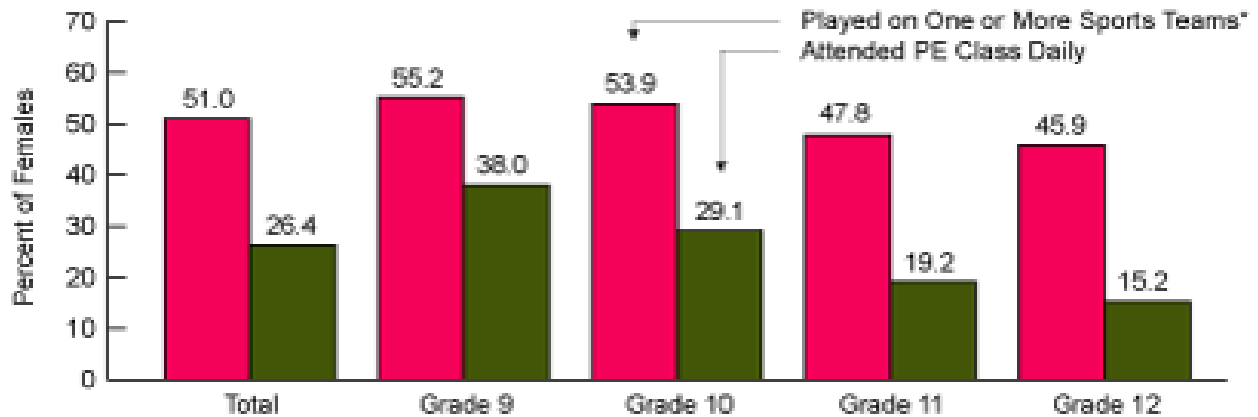
- a. Grade 9
- b. Grade 11
- c. Grade 10
- d. Grade 12

Overall, as students progress through high school from grade 9 to grade 12, are they more or less likely to attend a daily P.E. class.

- a. More likely
- b. Less likely

High School Females Participating in Sports and Physical Education Classes,* by Grade, 2003

Source (II.3): Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System



*Run by their school or community groups during the 12 months preceding the survey.

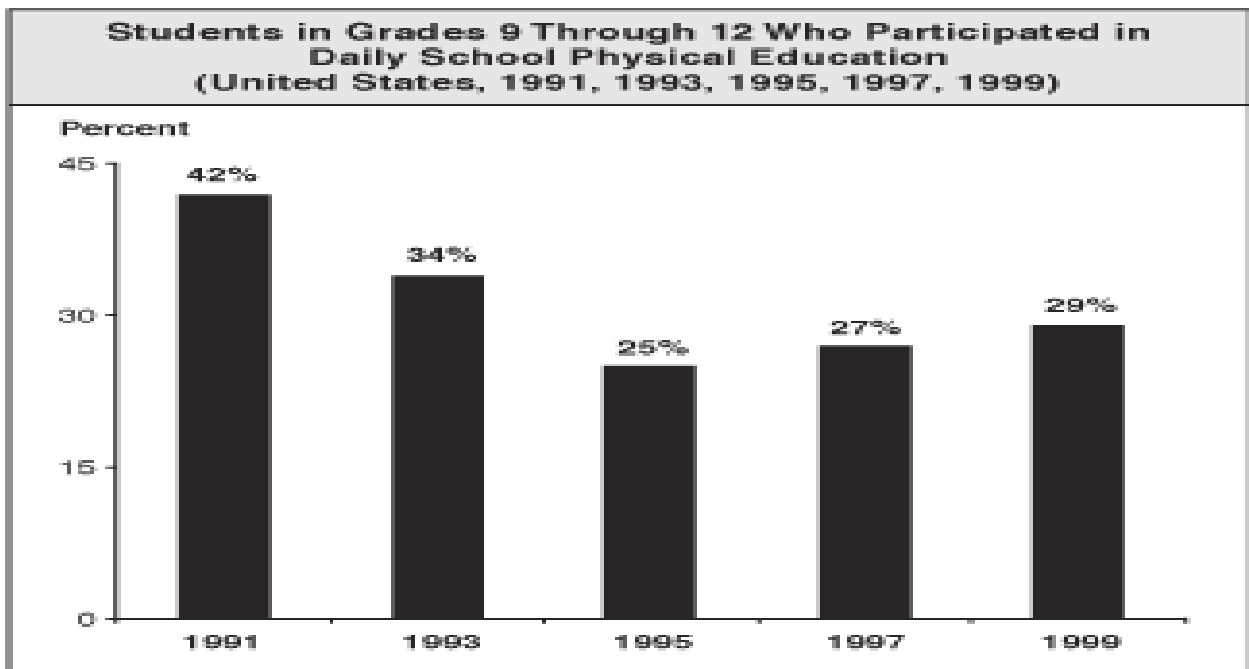
According to the graph below, answer the following questions:

In what year was there the least amount of participation in daily school physical education?

- a. 1991
- b. 1993
- c. 1995
- d. 1997

What years had the biggest decrease in daily physical education participation?

- a. From 1997-1999
- b. From 1993-1995
- c. From 1995-1997
- d. From 1991-1993



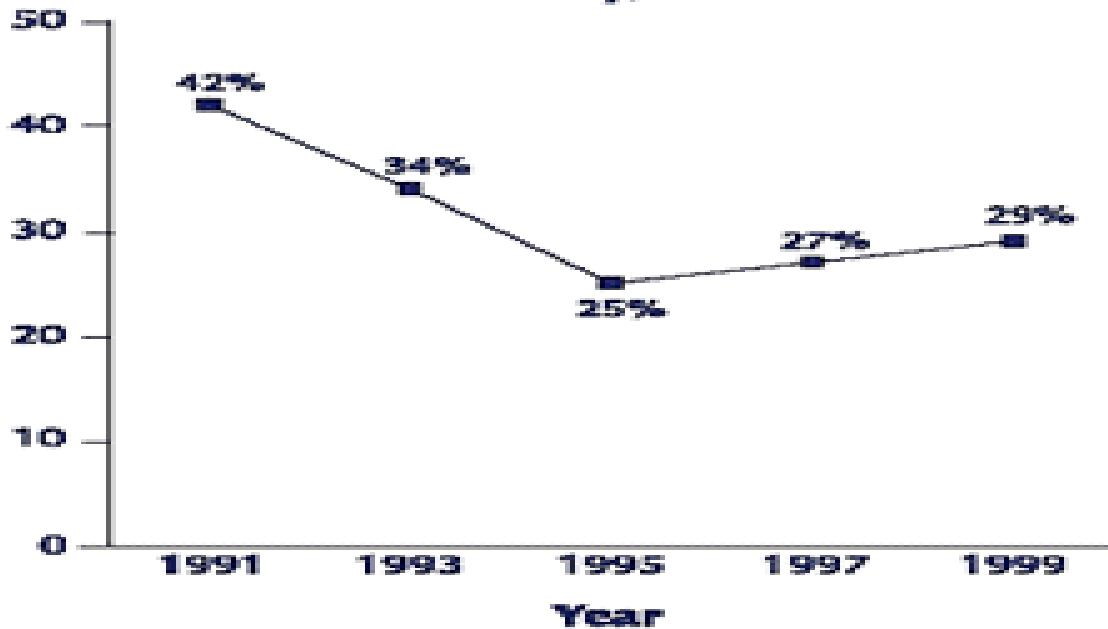
Source: CDC, NCHS, Youth Risk Behavior Surveillance System (YRBSS), 1991, 1993, 1995, 1997, 1999.

According to the graph below, answer the following questions:

What year had the lowest amount of high school students who attended physical education classes?

- a. 1991
- b. 1993
- c. 1995
- d. 1997

Percentage of High School Students Who Attended Physical Education Classes Daily, 1991–99



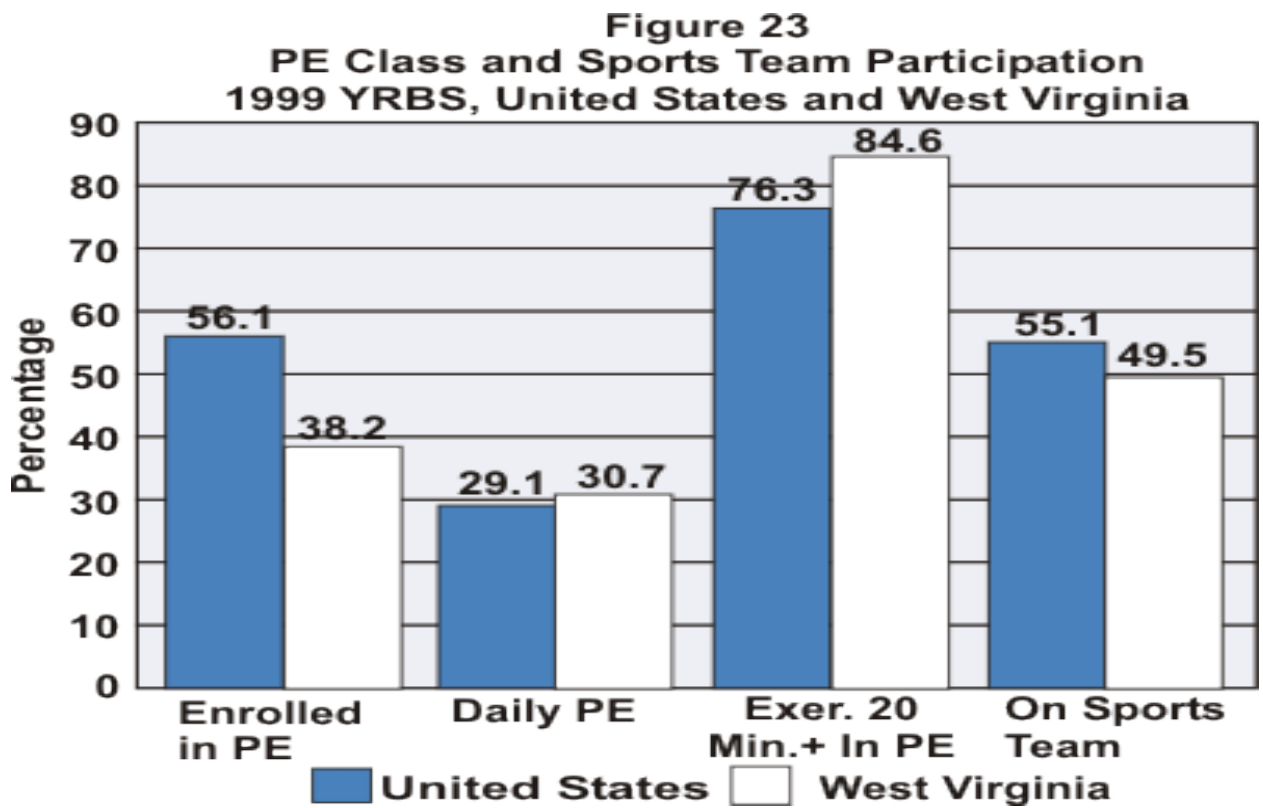
Source: CDC, National Youth Risk Behavior Survey

According to the graph below, answer the following questions:

6. Did the state of West Virginia have a higher or lower enrollment of physical education students than the United States?
- a. Yes
 - b. No

Which category for West Virginia surpassed the United States results?

- a. Enrolled in P.E.
- b. Exer. 20 Min. + in P.E.
- c. Daily P.E.
- d. On Sports Teams



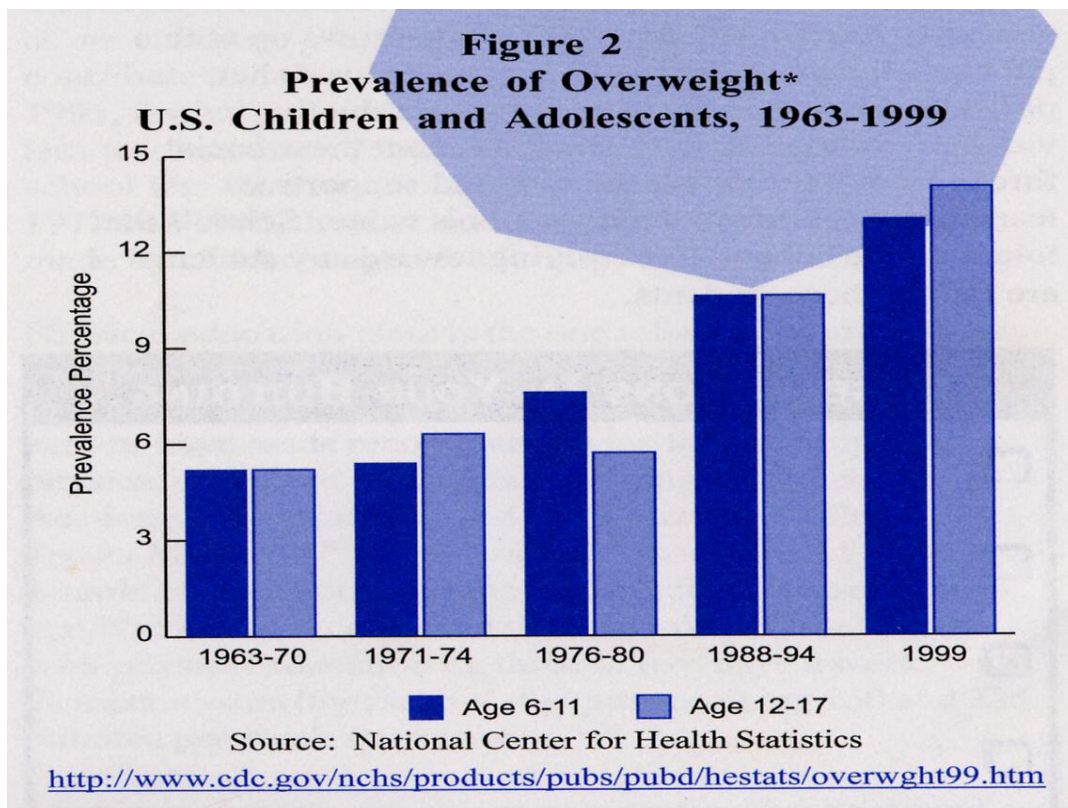
According to the graph below, answer the following questions:

What years had the highest disparity or difference for the prevalence of overweight children and adolescents?

- a. 1963-70
- b. 1971-74
- c. 1976-80
- d. 1999

From 1963-1990, the prevalence or occurrence of obesity...

- a. Increased
- b. Decreased
- c. Stayed the Same



According to the graph below, answer the following questions:

Overall, a person who performed more push-ups performed _____ on the mile run.

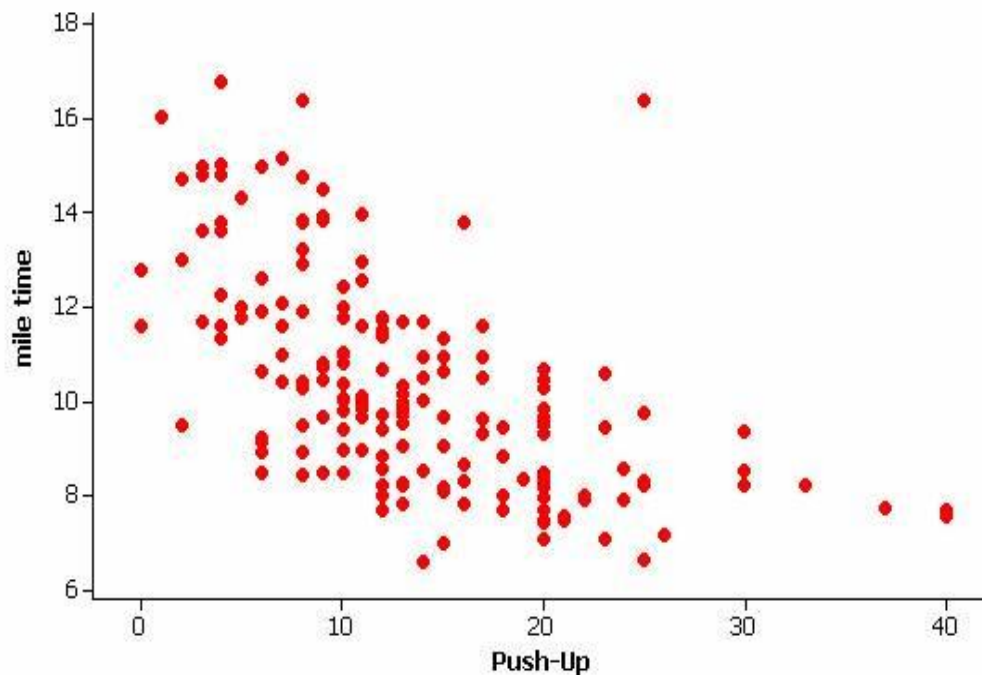
- a. Worse
- b. Better

Student A below, performed a mile time of how many minutes?

- a. 10
- b. 12
- c. 14
- d. 16

Student B below, performed how many push-ups?

- a. 10
- b. 8
- c. 30
- d. 40



Which fitness test is not described?

- a. Mile Run
- b. Aerobic Capacity
- c. Abdominal Strength
- d. Flexibility

Can O.C. kids pass a fitness test?

The six categories are based on standards established by the Cooper Institute of Aerobics Research to represent a level of fitness that protects against diseases resulting from sedentary living. Standards vary for boys and girls ages 10 to 16.

Aerobic capacity

To pass the cardiorespiratory-system test, a student must:

	Girls	Boys
Sprint 20 meters back and forth:	15 times	23 times
Run a mile in:	9.5 min.	9 min.
Walk a mile in:	12.5 min.	11.5 min.



Body composition

To pass, student's body-fat percentage must be:

Girls: 32% or less

Boys: 25% or less

Weight relative to height is also measured.

Abdominal strength

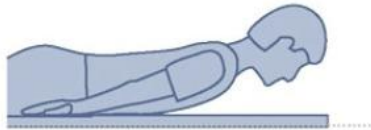
To pass this posture and lower-back test, a student must complete a number of curl-ups:

Girls: 12-18 **Boys:** 12-24



Trunk extensor and flexibility

To pass this test, a student must lift upper body 9 to 12 inches off the floor and hold for specified period.



Upper-body strength

To pass, a student must do:

	Girls	Boys
Push-ups	7	7-18
Modified pull-ups	4	5-12
Regular pull-ups	1	1-5
Flexed arm hang	4-8 sec.	4-15 sec.



Overall flexibility

To pass, a student must sit and reach a specified distance (9 to 12 inches depending on age and gender) and must be able to touch fingertips by reaching one arm over the shoulder, the other behind the lower back.



Writing Assignments-----Physical Education

Team, Individual, & Recreational Sports
Weight Training & Advanced Weight Training
Freshmen P.E.-----Aerobics
Driver's Education

Area of Emphasis-----Character Education

Neighbors are the people who live near us. In your opinion, what are the qualities of a good neighbor? Use specific details and examples in your answer.

What are some important qualities of a good supervisor (boss)? Use specific details and examples to explain why these qualities are important.

Do you agree or disagree with the following statement? Universities should give the same amount of money to their students' sports activities as they give to their university libraries. Use specific reasons and examples to support your opinion.

What is a very important skill a person should learn in order to be successful in the world today? Choose one skill and use specific reasons and examples to support your choice.

Do you agree or disagree with the following statement? Parents are the best teachers. Use specific reasons and examples to support your answer.

Some people believe that university students should be required to attend classes. Others believe that going to classes should be optional for students. Which point of view do you agree with? Use specific reasons and details to explain your answer.

We all work or will work in our jobs with many different kinds of people. In your opinion, what are some important characteristics of a co-worker (someone you work closely with)? Use reasons and specific examples to explain why these characteristics are important.

Do you agree or disagree with the following statement? Parents are the best teachers. Use specific reasons and examples to support your answer.

Area of Emphasis-----Goals

The expression “Never, never give up” means to keep trying and never stop working for your goals. Do you agree or disagree with this statement? Use specific reasons and examples to support your answer.

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The expression “Never, never give up” means to keep trying and never stop working for your goals. Do you agree or disagree with this statement? Use specific reasons and examples to support your answer.

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What is a very important skill a person should learn in order to be successful in the world today? Choose one skill and use specific reasons and examples to support your choice.

People attend college or university for many different reasons (for example, new experiences, career preparation, increased knowledge). Why do you think people attend college or university? Use specific reasons and examples to support your answer.

It has been said, “Not everything that is learned is contained in books.” Compare and contrast knowledge gained from experience with knowledge gained from books. In your opinion, which source is more important? Why?

“When people succeed, it is because of hard work. Luck has nothing to do with success.” Do you agree or disagree with the quotation above? Use specific reasons and examples to explain your position.

