

Ch. 15 Making Good Consumer Choices

Leon High School

Physical Education Department

L E S S O N

1

Health and Fitness Quackery

Can You . . .

- . . . explain the difference between quackery and fraud?
- . . . list three ways to detect quackery and fraud?
- . . . recognize reliable sources of health- and fitness-related information?
- . . . describe one common health and fitness misconception?

**What are the definitions of
quackery and *fraud*?**

Quackery and Fraud

- **Quackery is advertising or selling that uses false or exaggerated claims.**
- **Fraud is purposefully using deception to sell something that is known to be ineffective or harmful.**

What are some ways you can detect quackery and fraud?

Detecting Quackery and Fraud

- **Check credentials.**
 - College degree in physical education or kinesiology
 - Medical degree, registered physical therapist, registered dietitian
- **Check the organizations of the experts you consult.**
 - Look for trusted government and professional organizations.

(continued)

Detecting Quackery and Fraud *(continued)*

- **Be wary of advisors who sell products.**
 - Salespeople may have no formal training in health or fitness.
- **Be suspicious of sales pitches that promise results too good to be true.**
 - Avoid claims like “miracle” and “secret remedy.”

(continued)

Detecting Quackery and Fraud (*continued*)

- **Be cautious about mail-order and Internet sales.**
 - Try to find the product in a retail store so that you can inspect it in person.
- **Be wary of product claims.**
 - A product claiming to be new may be trying to avoid questions about research or proven effectiveness.
- **Be wary of untested products.**
 - Reputable products are scientifically tested by independent researchers.

What are some reliable sources of health and fitness information?

Reliable Sources of Health and Fitness Information

- **Centers for Disease Control and Prevention**
- **Consumer Product Safety Commission**
- **Federal Trade Commission**
- **Food and Drug Administration**
- **Society of Health and Physical Educators**
- **American College of Sports Medicine**
- **American Medical Association**
- **Academy of Nutrition and Dietetics**

**What are some examples of
common health and fitness
misconceptions?**

Misconceptions About Health and Fitness

Common misconceptions about health

- **Food supplements**
- **Sport supplements**
- **Fad diets**

Common misconceptions about fitness

- **Passive exercise programs**
- **Spot reducing**
- **Figure wrapping**

Science in Action: Sport and Energy Drinks

- **It is important to stay hydrated during exercise to prevent conditions such as heat stress and heatstroke. In most situations, water is the best choice.**
- **Sport drinks contain electrolytes, sugar, and minerals that can help during heavy exercise or hot conditions.**
- **Energy drinks contain ingredients similar to those in sport drinks, but they often also contain large amounts of sugar and caffeine.**

(continued)

Science in Action:

Sport and Energy Drinks (*continued*)

- **The sugar in energy drinks may be linked to increased weight and even obesity.**
- **Common problems caused by too much caffeine include fast heart rate, inability to sleep, stomach upset, anxiety, and headache.**
- **Each year more than 20,000 ER visits involve health problems in which energy drink consumption was a contributing factor.**

Group Activity

- 1. Work in a group of 3 or 4.**
- 2. Create a fake print ad for a real product. In your ad, use at least 2 of the fraudulent or deceptive practices that you learned about in this chapter. Be as realistic as possible.**
- 3. Be prepared to share your ad with the class to see if others can identify the fraudulent or deceptive practices you used.**

- <https://www.youtube.com/watch?v=KsPlwKbGxE8>

LESSON

2

Evaluating Health Clubs, Equipment, Media, and Internet Materials

Can You . . .

- . . . evaluate a health club facility?
- . . . evaluate exercise equipment, exercise CDs, and health and fitness websites?
- . . . use the critical thinking process to evaluate a situation?

How do you evaluate a health club facility?

Evaluating a Health Club

- **If possible, join on a pay-as-you go basis.**
- **Choose a well-established club.**
- **Make a trial visit to the club.**
- **Choose a club that meets your personal needs.**
- **Avoid clubs that cater primarily to bodybuilding for adults.**
- **Consider any medical needs.**

Can you evaluate exercise equipment, exercise CDs, and health and fitness websites?

Evaluating Exercise Equipment

- **Consider inexpensive home equipment.**
- **Consider your personal needs before buying equipment.**
- **Be sure before you buy.**
- **Make sure you have enough space for the equipment.**

Evaluating Exercise CDs and Videos

- **Check the creator's credentials.**
- **Choose a video that includes appropriate warm-up and cool-down exercises.**
- **Make sure the video contains only safe exercises.**
- **Choose a video that rotates muscle groups and addresses all parts of fitness.**

(continued)

Evaluating Exercise CDs and Videos *(continued)*

- **Choose a video that is appropriate for you.**
- **Make sure the exercises start gradually and progress in intensity.**
- **Choose a video with a fun and interesting routine.**
- **If the video does not meet all of these guidelines, modify it.**

Evaluating Health and Fitness Websites

- **Look for .gov or .org websites first.**
- **Be wary of sites selling products or using suspicious techniques.**
- **Use sites recommended by experts.**
- **Know and use the most reliable websites (see your text).**

Group Activity

- 1. Read the Taking Charge feature: Learning to Think Critically.**
- 2. Answer the For Discussion questions.**
- 3. Be prepared to discuss your answers with the class.**

Taking Charge: Learning to Think Critically

- **For Discussion:**

- What misconception did Mary Lou have?
- How was she able to build knowledge to dispel her misconception?
- What are some other misconceptions people have about physical activity?
- Why do you think people have misconceptions about PRE?

Can you use the critical thinking process to evaluate a situation?

Critical Thinking Process

- 1. Identify the problem to be solved or clarify the decision that must be made.**
- 2. Collect information and investigate.**
- 3. Develop a plan of action.**
- 4. Put your plan into action.**
- 5. Evaluate the effectiveness of your plan.**

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