

Health Opportunities Through Physical Education

Ch. 15 Quiz: Evaluating Health Clubs, Equipment, Media, and Internet Materials

____/20 points

Name: _____ Class: _____ Date: _____

1. A good health club will have you sign a one-year contract so that you will be motivated to keep working out (2 points).
 - a. True
 - b. False
2. Jana wants to join a health club so that she can work out indoors during the winter. Jana is 18 and prefers using treadmills, elliptical machines, and weight machines for her workout. There are three health clubs in her town. What should Jana do next (4 points)?
 - a. Visit each club to try it out during a time that she is most likely to work out.
 - b. Check the website of each club and join the club that looks the best.
 - c. Pick the club closest to her house and join it.
 - d. Pick the most affordable club.
3. What are two things should you consider before purchasing home exercise equipment (4 points)?
 1. _____
 2. _____
4. Rebecca's mom wants to buy an exercise CD to use at home for her workouts, and she wants Rebecca's help selecting a video. What are two things Rebecca should look for when helping her mom evaluate the CDs (4 points)?
 1. _____
 2. _____

Read the following scenario and then answer questions 5 and 6.

Miguel wants to build more muscle. Recently he found a website that advertised a protein shake designed to build muscle. The website was well designed and included video testimonials from really muscular guys who had used the product and one personal trainer who recommends the product. The company selling the product is owned by a former nationally competitive bodybuilder, and a money-back guarantee is offered if the product doesn't work. Miguel has a few questions about the product but couldn't find any contact information on the site.

5. Identify two things about this scenario that suggest there might be quackery or fraud involved (4 points).
 1. _____
 2. _____
6. Which of the following would be the best thing for Miguel to do next (2 points)?
 - a. Buy the product and try it out since it has a money-back guarantee.
 - b. Ask some bodybuilders at his health club about the product to see if they have used it.
 - c. Look into the product to find out what experts think of it and what research has been done on the product.
 - d. Ask a salesperson at the local supplement store if he or she has heard of the product.

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Ch. 15 Quiz: Health and Fitness Quackery

___/20 points

Name: _____ Class: _____ Date: _____

1. Select the definition that best fits each term (4 points).

___ fraud	a. a method of advertising or selling that uses false claims to lure people into buying worthless or harmful products
___ quackery	b. a person who practices fraud
	c. when a person deceives another person into buying products or services that he or she knows are ineffective or harmful

2. Circle the best way to detect health and fitness quackery and fraud (3 points)?

- a. Trust anyone who has a college degree
- b. Be wary of those who promise immediate results
- c. Buy only products that are sold online
- d. Trust salespeople who take the time to get to know you

3. A product that advertises a guarantee is always an example of quackery (2 points)?

- a. True
- b. False

4. Which of the following organizations is a reliable source of health and fitness information (3 points)?

- a. Centers for Disease Control and Prevention
- b. Consumer Product Safety Commission
- c. Food and Drug Administration
- d. All of the above
- e. None of the above

5. Health quackery is often found in products such as food or sport supplements or in relation to diets or weight loss products. Provide two examples of how quackery is commonly used to sell one or more of these products (4 points).

6. Fitness quackery might include products that promise spot-reducing effects. What is spot reducing, and why is it considered quackery to promise it (4 points)?