



SENSE AND NONSENSE

Name _____ Date _____

Are you a wise consumer, or are you susceptible to quackery? The purpose of this questionnaire is to help you determine how knowledgeable you are about quackery.

Read the statements. Circle *S* if the statement makes sense; circle *N* if the statement is nonsense or partially nonsense. When your teacher provides the correct answers, check your answers and record the total number of correct answers. Then find your score on the rating chart at the bottom of the next page. Circle your rating.

Sense	Nonsense	Statement
S	N	1. If a story or advertisement is printed in a book or magazine, it is safe to assume that it is true because it is officially printed.
S	N	2. Crunches are especially good for losing fat from the abdominal region.
S	N	3. If you run a rolling pin up and down on your hips, it will break up fatty deposits and help you lose fat.
S	N	4. Lying on a vibrating table is a good way to lose fat.
S	N	5. Doing abdominal crunches can help reduce the level of fat in all parts of the body.
S	N	6. One way to lose fat around your waist is to wear an inflated sauna belt around your waist while you are going about your daily activities.
S	N	7. You can usually lose weight without increasing physical activity or eating fewer calories.
S	N	8. Soaking in baths can help you lose excess fat.
S	N	9. Fitness books written by physical education teachers are more likely to give safe, reliable information than books written by movie stars who have attractive bodies.
S	N	10. Health and fitness products endorsed by athletes are better to buy than those not endorsed by athletes.
S	N	11. If a person on television claims to be a doctor and recommends a product, it must be safe and effective.
S	N	12. Certain drugs and food supplements can make weight loss safe, quick, and effortless.
S	N	13. You should avoid buying products advertised as "miraculous," "secret remedy," or "new breakthrough."
S	N	14. A good way to build muscles is to take anabolic steroids while working out with weights.
S	N	15. Taking a protein powder several times a week will help you build strength faster.
S	N	16. If you eat a balanced diet, you do not need to take vitamin and mineral supplements.
S	N	17. If you want to lose weight, buying some pills at the drug store to suppress your appetite is a good idea.
S	N	18. Health products that are advertised are likely to be of higher quality and more effective than those that are not advertised.
S	N	19. Health and fitness products must be proved effective before being sold through the mail or in a store.
S	N	20. Most models, actors, and entertainers stay in top condition by using health products that they endorse.

Activity 9.2 Sense and Nonsense

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission, from C. Corbin, K. McConnell, and D. Dale, 2005, *Fitness for life teacher resources and materials*, 5th ed. (Champaign, IL: Human Kinetics).

(continued)

SENSE AND NONSENSE *(continued)*

Sense	Nonsense	Statement
S	N	21. Consumer organizations can be helpful in providing information about certain health and fitness products.
S	N	22. Eating a strict diet of fruit and rice can provide good nutrition while helping you lose weight.
S	N	23. A good weight-loss program should result in a loss of 4 to 6 pounds (2 to 3 kg) in the first week.
S	N	24. Most people must join a health club to maintain fitness.
S	N	25. If a person's only qualification is that he or she is a registered dietitian, that person is more likely to be knowledgeable about nutrition than a person who is only a nutritionist.

Adapted, by permission, from C. Corbin and R. Lindsey, 2004, *Fitness for life*, 5th ed. (Champaign, IL: Human Kinetics).

Rating Chart: Gullibility

Rating	Score (number of correct answers)
Quack buster	23–25
Quite sensible	20–22
Somewhat gullible	16–19
Gullible	0–15

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