



## **EVALUATING HEALTH AND FITNESS INFORMATION AND SERVICES**

Name \_\_\_\_\_ Date \_\_\_\_\_

Use this form to help you evaluate the health or fitness source of your choosing. Write the name of the source in the space indicated and place a checkmark next to each statement that correctly describes the product or service that you are evaluating. When you have finished the evaluation use the space provided to describe the product or service and to write comments about its quality.

### **Article Evaluation**

Title of book: \_\_\_\_\_ Author of book: \_\_\_\_\_

- \_\_\_\_\_ The authors or consultants are registered dietitians or individuals who have completed advanced study in nutrition or have advanced degrees in exercise.
- \_\_\_\_\_ The article contains information about a balanced diet and physical activity that is consistent with the information presented in this class. The article does not promise quick and easy fitness or fat loss.
- \_\_\_\_\_ The information in the article does not use techniques used by quacks and cons.
- \_\_\_\_\_ Exercise discussions include the principles of overload, progression, and specificity, in addition to the FITT guidelines for each type of physical fitness.
- \_\_\_\_\_ The recommended exercises are safe and effective. The exercises require the use of your own muscles and do not recommend effortless devices.

### **Exercise Video Evaluation**

Title of video: \_\_\_\_\_ Producer(s) of video: \_\_\_\_\_

- \_\_\_\_\_ The video includes appropriate warm-up and cool-down exercises (aerobic and flexibility).
- \_\_\_\_\_ The video does not contain exercises identified as questionable.
- \_\_\_\_\_ The video rotates the use of muscle groups. For example, you use your arms, then your legs, then your back, then your abdominal muscles, and so on.
- \_\_\_\_\_ If the video claims to be a total fitness program, it includes activities for all parts of fitness.
- \_\_\_\_\_ The activities on the video are appropriate for the beginner, intermediate, or advanced levels, as labeled.
- \_\_\_\_\_ The exercises start gradually and then progress in intensity.
- \_\_\_\_\_ The routine is fun and interesting.

### **Health Club Evaluation**

Name of club: \_\_\_\_\_

- \_\_\_\_\_ The club allows you to join on a pay-as-you-go basis.
- \_\_\_\_\_ The club is a well-established club that has qualified fitness experts.
- \_\_\_\_\_ The club is available at a time when you would normally use it, and the employees and other patrons allow you to feel comfortable there.
- \_\_\_\_\_ The club meets your personal needs.
- \_\_\_\_\_ The club meets any special medical needs that you have.

Activity 9.2 Evaluating Health and Fitness Information and Services

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)

## EVALUATING HEALTH AND FITNESS INFORMATION AND SERVICES *(continued)*

### Web Site Evaluation

Name of site: \_\_\_\_\_ Web address: \_\_\_\_\_

\_\_\_\_\_ The Web site developer is clearly stated and is a recognizable government agency or organization.

\_\_\_\_\_ The Web site does not sell products.

\_\_\_\_\_ The Web site does not use the techniques of quacks and cons.

\_\_\_\_\_ The Web site is recommended or highly regarded by health and fitness experts.

Summary description and comments:

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