



EVALUATING EXERCISE DEVICES

Name _____ Date _____

Objective:

To evaluate an exercise device.

Procedure:

1. Select the exercise device that you will be evaluating and complete the requested information about that product.
2. Place an X in each box that applies to your product.
3. Total up the number of marks for your product. The higher the score is, the more likely it is that the product is safe and effective.
4. Answer the questions.

X	Evaluation	
	The exercise device requires effort and is not passive.	Name of device:
	The exercise device is safe, and the exercise done using it is safe.	Description of device:
	The device is fun to use.	
	The claims do not appear to be quackery.	
	The seller has sound credentials.	
	The product does something for you that is otherwise not possible.	
	The device can be returned for a refund.	Manufacturer of device:
	The cost of the product is reasonable and justifiable.	
	The device is easy to put together, store, and maintain.	
	The device comes with a warranty against defects.	

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

1. Is the device you evaluated safe? Why or why not? _____

2. What changes could be made to make the device safer to use? _____

3. Do you think that the device you evaluated would do what it claims to do? _____
4. How might you change either the device or the instructions to make it more effective?

Activity 9.1 Evaluating Exercise Devices

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).