

# ACTIVITY 13-4

## Selecting Appropriate Activities

NAME \_\_\_\_\_ DATE \_\_\_\_\_ CLASS \_\_\_\_\_

**Purpose:** To provide an opportunity to select appropriate activities.

**Procedure:** Review each case study provided below. Select activities you think would best meet the individual's needs.

1. Chuck is 15 years old. The scores from the fitness pre-test are: sit-and-reach = 25 cm; 1.6 km run = 8:35; sit-ups = 45; pull-ups = 1; and sum of skinfolds = 20 mm. He recognizes that he needs to improve his cardiovascular fitness and muscular strength. Chuck has fairly good sports skills. He enjoys playing in activities with friends and with other people.

Identify activities you think would best meet Chuck's needs. \_\_\_\_\_

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Why did you select these activities? \_\_\_\_\_

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2. Maria is 16 years old. The scores from her fitness pre-test are: sit-and-reach = 22 cm; 1.6 km run = 12:32; sit-ups = 25; pull-ups = 0; and sum of skinfolds = 42 mm. She recognizes that she needs to improve in all the components of fitness and is determined to get into better shape. Maria does not like team sports because she does not like competing against other people.

Identify activities you think would best meet Maria's needs. \_\_\_\_\_

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Why did you select these activities? \_\_\_\_\_

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# ACTIVITY 13-3 Evaluating Activity Selections

NAME \_\_\_\_\_ DATE \_\_\_\_\_ CLASS \_\_\_\_\_

**Purpose:** To provide an opportunity to evaluate activity selections.

**Procedure:** Review each case study and identify which plan provides the best selection of activities to meet the individual's needs.

1. Anna is 14 years old. She needs to improve her cardiovascular fitness and flexibility. She is more motivated when participating in activities that are conducted or coached by someone else.

Plan A	Plan B	Plan C	Plan D
calisthenics	aerobic dance	cross-country skiing	aerobic dance
jogging	gymnastics	rope jumping	calisthenics
swimming	soccer	walking	volleyball

Which plan provides the best program to meet Anna's individual needs? \_\_\_\_\_

Why did you select this plan?

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2. Amanda is 16 years old. She needs to improve her cardiovascular fitness. She prefers spending time by herself and loves being outdoors.

Plan A	Plan B	Plan C	Plan D
badminton	archery	bicycling	aerobic dance
racquetball	horseback riding	cross-country skiing	calisthenics
windsurfing	waterpolo	fitness trails	water skiing

Which plan provides the best program to meet Amanda's individual needs? \_\_\_\_\_

Why did you select this plan?

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