

<p style="text-align: center;"><u>Objectives/ Student Targets</u></p> <p><u>Cognitive:</u> Students will be able to recognize the validity of commercial products and programs pertaining to fitness and healthy lifestyles.</p> <p><u>Affective:</u> Students will work cohesively with their group members to reach an end goal.</p> <p><u>Psychomotor:</u> Students will explore different exercise programs online and assess their legitimacy.</p>	<p><u>Equipment & Technology Needed:</u></p> <p>Computers or iPads Notebooks Pens Printouts of the website resources (optional)</p>
<p><u>Academic Vocabulary:</u> Fad diet, reliable/valid, gimmick</p>	
<p><u>Introduction / Anticipatory Set:</u></p> <p>Can you think of anything that promises something that is too good to be true? Tell the students that today we are going to be discussing how to tell if a diet or fitness fad are reliable resources for general health. What is a fad diet? (a weight loss plan or aid that over-promises dramatic results. These diets typically don't result in long-term weight loss and they are usually not very healthy. In fact, some diets can actually be dangerous to your health.) How do we tell if a diet really works? Or a fitness program/product? What is a gimmick? (a trick or device intended to attract attention, publicity, or business.) How do we tell it is worth a try? What is a good diet/program compared to a bad one?</p> <p><u>Instant Activity:</u></p> <p>Brainstorm with your students different diet fads or fitness products/programs they have seen on TV, online, or in stores. Examples of diet fads could be: the Atkins diet, paleo diet, Nutrisystem, Weight Watchers, Jenny Craig, South Beach Diet, etc. Examples of fitness products/programs could be: Crossfit, Insanity, P90X, Beachbody, ThighMaster, Waist Trainer, Total Gym, etc.</p>	<p><u>Classroom Layout:</u></p> <p>It would be best for the students to be in a computer lab with a computer for every student or every two students. A room with iPads would also work just fine. Students will be with their groups.</p>
<p><u>Lesson Focus:</u></p> <p>I. <u>Lesson Procedures - Teaching the skill or concept activities</u></p> <p>Split the students up into groups of 3. Have the groups pick a diet, program, or product to research. It would be a good idea to make sure all the groups pick a different topic. They can choose their topic or you can pick it for them. Instruct the groups that they will try to determine whether a program or product is reliable and trustworthy. These two websites are good resources to help them along. http://www.sparkpeople.com/resource/fitness_articles.asp?id=1437&page=3</p>	<p><u>Teaching Cues:</u></p> <p>Research Use your resources</p>

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Source:

This website is 10 signs a fitness gadget is a gimmick. It discusses testimonials, online reviews, results, creator of the product, mentioning of nutrition, and other good points. You may want to print this page out for the students to use as a resource.

<https://www.niddk.nih.gov/health-information/health-topics/weight-control/choosing-safe-successful-weight-loss-program/Pages/choosing-safe-successful-weight-loss-program.aspx>

This website is all about choosing a safe and successful weight-loss program. It warns individuals about ordering online, reviews, included physical activity, certifications, results, hidden costs, etc.

The students need to gather all the information they can find or enough to come to a conclusion of whether this would be a successful or reliable product/program. Students need to put together a short 5-7 slide PowerPoint over the information they found per group. Each slide needs to have information/facts on it, the PowerPoint needs to be engaging, and the students need to include their conclusion.

Students may have learned how to cite sources in their English classes, but may need to be refreshed. When creating a citation in MLA, here is the order in which the information should be displayed: author, title of source, title of container, other contributors, version, number, publisher, publication date, and location. This MLA style guide is a great resource of exactly what it should look like.

<https://owl.english.purdue.edu/owl/resource/747/01/>

If there is time at the end of class, have the students present their product/program and share what they found with the class. If there is no more time at the end of class, this can be done on another day.

Modifications:

Groups can be as small as 2 students per group or as big as 4 students per group.

Groups can use PowerPoint, Prezi, or any other presentation software.

II. Lesson Instructional Activities:

The students need to work together, cohesively, as a group to find the facts and information on their topic. This can be done by assigning different group members different questions (creator, results, pricing, etc.) or let the students be in charge of this. This will let the class leaders shine, but at the same time all students are involved.

Assessment:

Rubric for PowerPoint presentation:

1- Content is inaccurate, presentation is unorganized, insufficient number of slides, no images/not appealing to the eye, many spelling errors, no sources are cited.

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Source:

- 2- Content is questionable, insufficient number of slides, images are not relatable/not appealing to the eye, some spelling/grammar errors, most sources are not cited.
- 3- Content is accurate but presentation is unorganized, correct number of slides, most images are appropriate/somewhat appealing to the eye, some spelling errors, some sources are not cited.
- 4- Content is accurate, presentation is mostly organized and in order, correct number of slides, images are appropriate/appealing to the eye, few spelling/grammar errors, sources are cited.
- 5- Content is accurate, presentation flows well, correct number of slides, images are appropriate/appealing to the eye, no spelling errors, all sources are cited.

Closure:

How can we use this information to better ourselves and the people around us? (we know what to look out for and we can share this with our friends and family)

Did you learn anything about fad diets or different fitness programs/products that are out there?

Were any of the diets or programs we talked about/reviewed positive? Which ones and why?

It is important to be knowledgeable about this topic because so many people fall for fad diets and gimmicks every year. Just because something says it will promise big results in a short amount of time does not make it worth it. Your health comes first.