

Physiology of Fitness

Web Site Info Search: Why Exercise?

This web info search will help you find information about the effects of exercise on the human body. You will be looking at pre-selected web sites to answer each question. It is important to not only find the information at the site, but also to consider who wrote the site, what their purpose is in writing it, and how credible (accurate) you think the information is.

1. How does exercise affect your blood pressure?		
Questions	Site 1: http://www.acsm.org/pdf/Hypert.pdf	Site 2: http://www.mayoclinic.com/home?id=HQ00641
Who created this web site (organization, etc.)?		
Why did they create it? (check all that apply)	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure
How credible (accurate) do you think the info is?	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure
What did you learn?		

2. How does exercise affect your immune system?		
Questions	Site 1: http://www.acsm.org/pdf/cold.pdf	Site 2: http://www.mayoclinic.com/home?id=EP00002
Who created this web site (organization, etc.)?		
Why did they create it? (check all that apply)	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure
How credible (accurate) do you think the info is?	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure
What did you learn?		

3. How does exercise affect your bones and muscles?

Questions	Site 1: http://www.acsm.org/pdf/bonemscl.pdf	Site 2: http://server.physiol.arizona.edu/Best/Osteoporosis.html
Who created this web site (organization, etc.)?		
Why did they create it? (check all that apply)	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure
How credible (accurate) do you think the info is?	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure
What did you learn?		

4. How does exercise affect your heart and cholesterol levels?

Questions	Site 1: http://www.mayoclinic.com/home?id=HQ00638	Site 2: http://www.justmove.org/fitnessnews/healthf.cfm?Target=cardiofacts.html
Who created this web site (organization, etc.)?		
Why did they create it? (check all that apply)	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure
How credible (accurate) do you think the info is?	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure
What did you learn?		

5. How does exercise affect your mental health?

Questions	Site 1: http://www.mayoclinic.com/home?id=HQ00231	Site 2: http://server.physiol.arizona.edu/Best/Osteoporosis.html
Who created this web site (organization, etc.)?		
Why did they create it? (check all that apply)	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure
How credible (accurate) do you think the info is?	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure
What did you learn?		

6. How often should you exercise and how hard should you exercise?

Questions	Site 1: http://www.mayoclinic.com/home?id=HQ00884	Site 2: http://www.acsm.org/pdf/calculate.pdf
Who created this web site (organization, etc.)?		
Why did they create it? (check all that apply)	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure	<input type="checkbox"/> To provide factual information <input type="checkbox"/> To influence the reader's opinion <input type="checkbox"/> To sell a product or service <input type="checkbox"/> I'm not sure
How credible (accurate) do you think the info is?	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure	<input type="checkbox"/> Very accurate <input type="checkbox"/> Somewhat accurate <input type="checkbox"/> Not very accurate <input type="checkbox"/> I'm not sure
What did you learn?		

Optional: What other things do you think exercise affects? Can you find a credible web site that provides evidence to confirm or refute your hypothesis?