

# Team Brief™

**Health Science**  
*Health Communications*

Rotation 2, Interval 2  
Segment 2

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*Attention captains! Have each member of your Suite Team read aloud one of the following paragraphs of the Health and Fitness Booth Challenge. Then answer the questions together.*

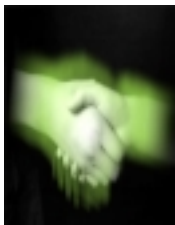
1. The Suite Team will be responsible for putting together material for a health and fitness booth.
2. Each Suite Team member should complete this “Team Brief” by working together at the team table. Keep your completed “Team Brief” in your student portfolio for reference while you are completing the team challenge during Interval 3.
3. You will complete a proposal including information you gather on this “Team Brief.” The proposal should include all items that address the information for the health and fitness booth.
4. Each Harbor will work on a different portion of the challenge as indicated in this “Team Brief.”
5. In preparation for your presentation and proposal, please read the team challenge and answer the following questions. You may also refer to any of the books in the Harbor libraries for additional information or reference.

**Challenge:** *Health and Fitness Booth*

Your Suite Team has been awarded booth space at this year’s local health fair. The booth must display demonstrations of proper exercises and the data to prove the effectiveness of the exercises. Nutritional analysis of various foods, especially low-fat/low-calorie foods, should be provided. Develop a presentation containing the results of a health survey and nutrition and fitness information.

**Questions:**

1. Determine the foods to be displayed at the booth. Foods displayed can be classified as “healthy” or “unhealthy.”
2. Conduct experiment(s) to determine whether the food chosen to be displayed at the booth can be classified as “healthy.”
3. Verify that the nutritional claims made, either through marketing or food labeling, were accurate on the foods used at the booth.
4. Predict long-term effects, positive and/or negative, on individuals who consume these foods on a regular basis.
5. Determine whether or not the experiment for this challenge was conducted in a controlled environment.



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6. Define the roles of each Harbor.

*Nutrition* Names:

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\_\_\_\_\_

Roles:

*Fitness Analysis* Names:

\_\_\_\_\_

\_\_\_\_\_

Roles:

*Health Communications* Names:

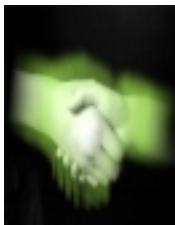
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Roles:

7. Which form of media will best communicate the information?

8. Describe the layout of the final product. Include the sequence you will use when presenting the information.



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9. List the various media elements you might be able to include with this document to help communicate the information. Examples include graphics, clip art, sound, and text.
  
10. What is the Maximum Heart Rate and Target Heart Rate Zone for each age group?
  
11. What exercises will be in your fitness plan? Examples include riding the bike, aerobics, and/or weight training.
  
12. Determine how long to exercise. How many days a week? How many repetitions of weights? How many days of cardiorespiratory exercise?
  
13. Predict long-term effects, positive and/or negative, on individuals who follow this fitness plan.