

## Physical Activity Case Studies

Directions: Review each case study. Then answer the three questions below each chart.

### CASE 1 STUDENT: PARKER

Monday	Physical education class	60 minutes
Tuesday	Walk to school	25 minutes
	Walk home	25 minutes
	Ride bicycle	30 minutes
Wednesday	Basketball practice	1½ hours
Friday	Physical education class	60 minutes
Saturday	Ride bicycle	1½ hours
Is this student physically active 7 days a week?		YES NO
Is this student physically active 60 minutes a day?		YES NO
Is this student's physically activity mostly moderate or vigorous?		YES NO

### CASE 2 STUDENT: JESSIE

Monday	Homework	2½ hours
Tuesday	Ride bicycle	60 minutes
Wednesday	Gymnastics	1½ hours
Thursday	Homework	1¼ hour
Friday	Ride motorized scooter	2 hours
Saturday	Play video games	3 hours
Sunday	Instant messaging	2 hours
Is this student physically active 7 days a week?		YES NO
Is this student physically active 60 minutes a day?		YES NO
Is this student's physically activity mostly moderate or vigorous?		YES NO

### CASE 3 STUDENT: CHARLEY

Monday	Volleyball	30 minutes
Tuesday	Ride bicycle	45 minutes
Wednesday	Physical education class	45 minutes
Thursday	Swimming	1½ hours
Friday	Physical education class	45 minutes
Saturday	Ride bicycle	2 hours
Sunday	Walking	15 minutes
Is this student physically active 7 days a week?		YES NO
Is this student physically active 60 minutes a day?		YES NO
Is this student's physically activity mostly moderate or vigorous?		YES NO