



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 evaluate the credibility of the site.

Note: those are zeros (0) in this URL, not capital "O"s!

1. How does exercise affect your blood pressure?		
Questions	Site 1: http://forms.acsm.org/pdf/Hypert.pdf	Site 2: http://www.mayoclinic.com/health/high-blood-pressure/HI00024
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/Content/ContentFolders/Publications/CurrentComment/1999/COLD.pdf	Site 2: http://www.mayoclinic.com/health/common-cold/DS00056
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/Content/ContentFolders/Publications/CurrentComment/2001/bonemsc1.pdf	Site 2: http://www.mayoclinic.com/health/osteoporosis/HQ00643
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.4woman.gov/faq/heartdis.htm	Site 2: http://www.justmove.org/fitnessnews/faqs.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/health/depression-and-exercise/MH00043	Site 2: http://www.americanheart.org/presenter.jhtml?identifier=4550
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://kidshealth.org/teen/your_body/take_care/exercise_wise.html	Site 2: http://forms.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?