Name Class Date

15 Personal Project

EVALUATING HEALTH AND FITNESS INFORMATION AND SERVICES *(continued)*

Health Club Evaluation

Name of club: _____

- ❑ The club allows you to join on a pay-as-you-go basis.
- ❑ The club is a well-established club with qualified fitness experts, such as those described earlier in the chapter.
- ❑ The club is available at a time when you would normally use it, and the employees and other patrons allow you to feel comfortable there.
- ❑ The club meets your personal needs.
- ❑ The club meets any special medical needs you have.

Web Site Evaluation

Name of site: _____ **Web address:** _____

- ❑ The Web site developer is clearly stated and is a recognizable government agency or organization.
- ❑ The Web site does not sell products.
- ❑ The Web site does not use the techniques of quacks and cons described in lesson 15.1.
- ❑ The Web site is recommended or highly regarded by health and fitness experts.

Summary Description and Comments:

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From *Fitness for Life Teacher Resources and Materials, Fifth Edition* by Karen McConnell, Charles B. Corbin, and Darren Dale, 2005, Champaign, IL: Human Kinetics.