

Exercise (Physical Activity)

Name\_\_\_\_\_\_\_

Case study worksheet:

 Tom is 17 years old; he is currently in year 12 and is the captain of the first football team at his school. Tom’s mum drops him off at school each day before she goes to work, but Tom has get his own way home, he does that by catching the bus. Today is Thursday and Tom has a football match after school, playing against a rival team. Tom plays the equivalent of three quarters in the football match, as he has been taking off for 10minutes in the first and third quarter. Each quarter goes for 20minutes.

Has Tom met the daily-recommended requirements of the adolescent his age for that day?

Yes or No, …………

Why, ……………………………………………………………………………………………………..

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| The student should come to the conclusion that Tom is meeting his daily-recommended requirements of physical activity of adolescent his age, but just. He played a game of football but he had been taken off for a total of 20 minutes. So the total time Tom spent playing football was 60 minutes of moderate to vigourous physical activity.  |