

Critical Review of the Media’s Definition of Physical Wellness

Through this project you will be creating a critical review of how physical wellness and physical fitness are portrayed in today’s media.

**Part 1: Adobe Voice/Powerpoint Presentation:**

1. Find 5+ images that display the current perception of the value of exercise as promoted in the media. Each image should be of a different facet of “Physical Wellness”
* Food choice / diets
* Body image
* Body altering (surgery, waist training…)
* Daily activities
* Supplements
* Exercise
* Self-image (selfies)
* Exercise programs / Gyms
* Celebrities and physical fitness/ wellness
* Celebrity endorsements / Instagram
* TV shows
* North American Ideal Body Type for men and women

**The images can be taken from**

- Magazine images and articles

- Exercise Sites

- Facebook / Instagram

- TV shows / Movies etc.

- Song Lyrics

- Internet

1. You will be recording yourself talking about these images and their impact on the viewer and the messages they present (using the written component as your guide /script)
2. You will create a final image to present the message YOU want about the importance of Physical Fitness and its impact on overall Wellness.

**Part 2: Written component:** To be completed on handout provided!

1. **In box** - describe image, indicate where you got it from and who is responsible for it.
2. **In Space** - in point form write reminders of what you are going to say about the image.

1*) What message / information is this image presenting?*

*2) What do you think the overall goal of this image is?*

*3) Is it an accurate / healthy way of presenting the importance of physical fitness? Why or Why not.*

**Part 3: Final Image –** Itwill be created in Adobe Voice/PowerPoint or with another image program and then added to your presentation. In the written component, you will sketch or print your image design and provide a written description about your image.

* *What message does your image present to the view?*
* *How does this image stress the importance of Physical Fitness to overall wellness?*
* *How does the message from your image differ from those presented in the media?*

**MARKING**

**Adobe Voice Presentation/PowerPoint**

- 5 strong images were chosen and were from different facets of the media’s perception of Physical Fitness / Wellness. /5

- Spoken information covers the 3 reflection questions and displays thought, analysis and personal opinion. /10

**Written Component**

**-** Each image is describe and student has included where the image came from and who is responsible for its production. /5

- Student answered the three reflection questions and provided point form reminders. /5

**Final Image**

**-** The design of the final image is strong, accurately displays the actual importance of Physical Fitness and its affect on overall wellness. /5

- The written description includes answers to the three questions asked that demonstrates the student’s understanding of the importance of physical fitness on overall wellness. It also displays a strong, critical reflection of how this is skewed

to unhealthy lengths in the media. /5

**Citations:** MLA format for all photo citations. /5

***NOTE: Deductions will apply if not completed on the date specified (see below).***

**Total:**  /40 points

**Teacher Comments:**

**DUE DATE: TUESDAY, APRIL 9, 2019**

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WRITTEN COMPONENT

IMAGE #1

IMAGE #2

IMAGE #3

IMAGE #4

IMAGE #5

FINAL IMAGE