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

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 –** Will be created in Adobe Voice or with another image program and then added to your Adobe Voice 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**

- 5 strong images were chosen and were from different facets /5

of the media’s perception of Physical Fitness / Wellness

- Spoken information covers the 3 reflection questions and displays /10

thought, analysis and personal opinion

**Written Component**

**-** Each image is describe and student has included where the image came from /5

and who is responsible for its production.

- 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 /5

importance of Physical Fitness and its affect on overall wellness.

- The written description includes answers to the three questions asked that /5

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.

**Total:**  /35 points

**Teacher Comments:**

**DUE DATE: THURSDAY, NOVEMBER 16, 2017**