

## *Fitness for Life, Sixth Edition*

### Worksheet: Scientific Foundations

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

Science affects almost every aspect of our lives. You regularly see science in the media, hear people talking about scientific advancements, and benefit from some scientific advancements. We can also be negatively affected by scientific advancements if those advancements jeopardize the environment, our health, and our safety. Good or bad, science influences almost every aspect of our lives. This worksheet allows you to explore some of your interests and share your opinions about science in kinesiology.

1. Read over the definitions of health and medical science. Explain the difference between the two.
2. What approach (medical or health science) do you think is more important? Why?
3. What is the definition of kinesiology?
4. List three sciences of kinesiology that interest you. For each, briefly explain why these sciences interest you.
  - a.
  - b.
  - c.
5. List one science of kinesiology that you have experienced firsthand or through a close family member or friend. Briefly describe that experience.
6. Read over the definitions of nutrition and food science. Explain the difference between the two.
7. Identify one nutrition science topic that is interesting to you.