

Investigating



Communicating



Knowledge and understanding



## 'Bodybuilding' .... Impact on Teenage Health

### Learning outcomes in focus

**Students should be able to:**

**BW6 evaluate how human health is affected by:** inherited factors and **environmental factors including nutrition; lifestyle choices;** examine the role of microorganisms in human health

**NS7 organise and communicate their research** and investigative findings in a variety of ways **fit for purpose and audience,** using relevant scientific terminology and representations

**NS8 evaluate media-based arguments concerning science** and technology

### Learning intentions

**We are learning to:**

- consider how environmental factors might affect our health
- have an understanding of the importance of nutrition on our health.
- appreciate that choices humans make affect their health.
- question media-based arguments.
- present scientific ideas in an appropriate way for the audience.

### Teaching and learning context

This task was given to a first year group. This activity followed a 1 hour lesson based on how environmental factors can impact human health and how humans have the opportunity to change these influencing factors. Students were introduced to the idea of challenging media arguments and engaged in active discussion in groups.

### Task

You are a writer for your school magazine. You have been asked to write an article on the impact 'bodybuilding' has on teenage health. You must consider the impact that both nutrition and lifestyle choices have on teenage health when it comes to 'bodybuilding'. Argue for or against 'teenage bodybuilding' with reference to a media based argument.

### Success Criteria

**I can:**

**SC1:** identify the impact bodybuilding could have on teenage health.

**SC2:** refer to nutrients/additives in bodybuilding supplements.

**SC3:** use science to make an argument for or against teenage bodybuilding.

**SC4:** challenge 1 media article which opposes my argument.

**SC5:** communicate my argument clearly in an article format.

## WHY TEEN BODYBUILDING IS A STUPID IDEA

Nowadays, teens have this strange obsession with bodybuilding. They love the idea of having their blood pumping through enormous muscles. However, there are many problems with bodybuilding, especially for teenagers. Today we are going to tell you a few important (and comedic) reasons.

For starters, it can be unhealthy. Very unhealthy. Although it can be a decent exercise from time to time, overdoing it can be harmful. You can pull muscles like your hamstring and ones in your shoulders, and if you make a mistake, possibly break a bone. However, it gets worse. According to a 2006 study in Yale New Haven Hospital, they had 10 young bodybuilders come in with ripped aortas (the most important artery in the human body) and unfortunately died. Ouch. This can be bad for bodybuilders, but even worse for teenagers who are still undergoing growth spurts.



Another big problem with bodybuilding is concerning Self-Esteem problems. Lots of teens nowadays are extremely conscious about the way they look. This is bad for both their Mental Health and Physical Health (and us, since they can be a bit annoying). Due to this, many teens want to be bodybuilders. And by this, I mean they want to look like motorcyclists whose abs are ripping out of their shirts covered in oil. This makes teens focus WAY too much on their interest in bodybuilding, and it's really just for popularity. Teens think that girls like six-packs the way Cookie Monster likes cookies. And although this can be true, it's not really worth it. You could end up looking strong, but you could also look like your body is going backwards in evolution.



**SC1:**  
 Identifies the impact on health referencing blood vessels and mental health.

**SC4:**  
 Mentioned study but did not challenge the findings.

**SC5:**  
 appeals to audience of school magazine.

Also, a huge problem is when it comes to diet and nutrients. A bodybuilding diet is healthy, but maybe a little too healthy. Their diet consists of very strict options, like red meats, beans and egg whites. This deprives them of treats and foods they might like. This might sound good, but it does show that they view anything that contains sugar as an enemy, which is major when it comes to self-esteem. Many suffer from anorexia and just skip eating all together. And this isn't just with bodybuilding, this happens often on it's own, but right now we are sticking to bodybuilding.

However, some think "Maybe a diet isn't healthy enough: how about I take supplements!". Now this is when bodybuilding takes an extremely unhealthy turn. Teens starting taking things like lots of whey, pure protein in the form of powder, and some even take steroids. Protein is already in many of your foods, so you don't need to be eating large amounts of it unless you're an athlete, and steroids are a medical prescription, which is one of the last things you want to be taking often (unless your sick, of course). Taking these things simply to look like some type of superhero is ridiculous.



That is just some of the many reasons why bodybuilding can be a bad idea for many teenagers. There are some positives to this, but it's still not worth the risk. When your grown up and you want to be a wrestler or something, it's fine, but not if you're a teenager who is still in school and only wants to bodybuilding for popularity.

**Overall judgement:**  In Line With Expectations

**SC2:**  
Reference to whey protein.

**SC3:**  
Arguments include elements of science.