

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.

SCHOOL MAGAZINE

Issue #



TEENAGE BODYBUILDING

School Magazine

IN THIS ISSUE

Bodybuilding as a teen!

We are going to tell you about why bodybuilding as a teen is not good for your health. In this article we are going to tell you about the benefits, negatives and why we are against teens bodybuilding. You know what is even cooler than bodybuilding, your health! and that is why we are so passionate about the negative effects of bodybuilding throughout teenage years. We are against teen bodybuilding because it is unhealthy for your teenage body.

Since you are still developing. It is also bad for your teenage body because you do not know what is used to make the supplements. Scientists in the country of Japan proved that by bodybuilding as a child resulted in the stunting of their growth. The side effects can include dizziness, hair loss as well as cramping. As well as stunting your growth can also damage your growth plates. Bodybuilding can also injure your back. Lifting more than half of your own body weight can put your heart in jeopardy!

As the ingredients of the supplements used by bodybuilders are unknown, the supplements

may cause compartment syndrome. Examples of the supplements are Multi-vitamins, Whey protein, Glutamine, Zma, Creatine and Thermogenic. There is also benefits to bodybuilding for example it increases your muscle mass, it encourages you to eat healthier, it can increase your endurance and bodybuilding can help you learn more about nutrition.

Their diets can include eggs, salmon, nuts, chicken, Protein shakes, vegetables, beans, seeds and fresh water. We are also against bodybuilding because it is unhealthy for a teen to push themselves to lift weights that are heavier than themselves. Bodybuilding as a fully grown adult is very different to bodybuilding in your teenage years as because an adults body is fully developed.

and many more online pages are promoting bodybuilding through Instagram when they do not know the dangers and risks that the sport of bodybuilding can cause. These websites and pages are open to all eyes even those in their teenage years and are encouraging them to

Website named but redacted from publication

begin bodybuilding without knowing the dangers and precautions it can cause in your youth. Teenage girls use steroids as a way to improve or change their body shape. The side effects can include male baldness, a permanently deepened voice, breast shrinking and detrimental changes. We think its time to start 'deconstructing' this obsession with bodybuilding

SC1:
Identifies many health implications.

SC2:
Identifies the supplements taken by bodybuilders.

SC3:
Defends argument using science about health implications.

SC4:
Identifies a media based argument which opposes their opinion.

SC5:
Written in article form with good use of language.

Overall judgement: In Line With Expectations