

Bright Futures in Practice: Physical Activity
Treasure Hunt

Questions	Pages	Answers
Early childhood is a key period for promoting physical activity. Identify some of the fundamental motor skills (basic movement patterns) that children develop.		
Why is it so important for parents to encourage young children to play using basic motor skills?		
Identify three benefits of physical activity for children.		
What are some developmentally appropriate physical activities for children in early childhood? What activities are not yet appropriate?		
A parent expresses her concern that their neighborhood is not safe enough for children to play outdoors. Identify strategies to promote safe, physical activities for children.		
A physician referred a child with spina bifida for counseling to help increase their level of physical activity. Before the visit, you review the risks and benefits of physical activity in the chapter called ...		
A school principle asked you to give an in-service training to teachers about how physical activity affects insulin-dependent children. As reference materials, you provide the teachers the chapter on ...		
Your colleague would like to review the diagnostic criteria for anorexia nervosa and bulimia nervosa. You direct her to the chapter called ...		
To learn about different substances children and adolescents may use to improve their physical performance and appearance, you review the chapter on ...		
Before speaking with the school girls' gymnastic and crew coaches, you review the information on the female athlete triad shown in the chapter on ...		

To learn about how children and adolescents maintain hydration by replacing fluid lost during physical activity, you review the chapter called ...		
Identify three high risk factors for child and adolescent overweight.		
After assessing a child's BMI, you have determined they are at risk of overweight. What is your next step?		
To provide families with common questions and practical suggestions about childhood and adolescent obesity, you share the information shown on pages ...		
A local school PTA asked for assistance evaluating community programs for children and adolescents. To learn about the components of quality physical education programs during and after school, you review the tool ...		
In addition to the information and services provided by your agency, you are delighted to find contact information for many other resources shown in tool ...		
The local health department is developing a 10-year plan to promote the physical activity status of the residents in the community. To develop objectives to assess progress, you refer to tool ...		

Developed by
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