

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.	33	Walking, running, galloping, jumping, hopping, skipping, throwing, catching, striking, kicking, balancing.
Why is it so important for parents to encourage young children to play using basic motor skills?	33	Children need opportunities to practice fundamental motor skills in order to develop advanced patterns of motor coordination that can last a lifetime.
Identify three benefits of physical activity for children.	33	(1) Give children a feeling of accomplishment. (2) Reduce the risk of certain diseases, if children continue to be active during adulthood. (3) Promote mental health.
What are some developmentally appropriate physical activities for children in early childhood? What activities are not yet appropriate?	34–35 or 39	Simple games such as chase and tag and physical activities (e.g., tumbling) tailored to the developmental needs of children are appropriate. Because children need to develop motor skills, they are not ready for organized sports, which require visual acuity, control and balance.
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.	40 44	Help parents find other settings for physical activity (e.g., Boys and Girls Clubs of America, recreational centers). Children can do many activities indoors (e.g., hide-and-seek) and playing with soft equipment (e.g., tossing a ball).
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 ...	92–101	Children and Adolescents with Special Health Care Needs
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 ...	108–117	Diabetes Mellitus

Your colleague would like to review the diagnostic criteria for anorexia nervosa and bulimia nervosa. You direct her to the chapter called ...	118–128	Eating Disorders
To learn about different substances children and adolescents may use to improve their physical performance and appearance, you review the chapter on ...	129–135	Ergogenic Aids
Before speaking with the school girls' gymnastic and crew coaches, you review the information on the female athlete triad shown in the chapter on ...	136–141	Girls and Female Adolescents in Physical Activity
To learn about how children and adolescents maintain hydration by replacing fluid lost during physical activity, you review the chapter called ...	142–148	Heat-Related Illness
Identify three high risk factors for child and adolescent overweight.	168	(1) One or both parents are overweight. (2) They are from families with low incomes. (3) They have a chronic disease or disability that limits mobility.
After assessing a child's BMI, you have determined they are at risk of overweight. What is your next step?	170–171	Screen and evaluate the child's family history and secondary complications of obesity, including hypertension, dyslipidemia, large changes in BMI, and concerns about weight.
To provide families with common questions and practical suggestions about childhood and adolescent obesity, you share the information shown on pages ...	175–176	Frequently Asked Questions About Physical Activity and Obesity
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 ...	191–193	Tool D: Characteristics of Excellent Physical Activity Programs
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 ...	198–209	Tool F: Physical Activity Resources
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 ...	210–211	Tool G: Healthy People 2010 Physical Activity and Fitness Objectives