

Don't Forget to Eat Your Carrots!! Conquering the Myths in Physical Education, Exercise, Health & Wellness

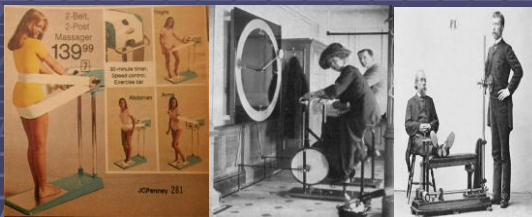
Technology and Science Symposium:
Revolutions in Science and Technology
Paradigms

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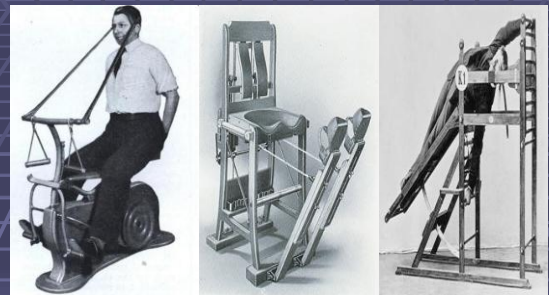
Did You Eat Your Carrots??



Back in the Day!!!



Cont.



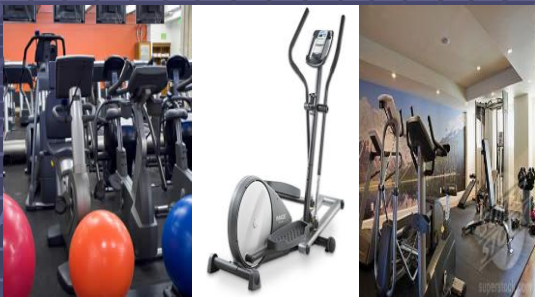
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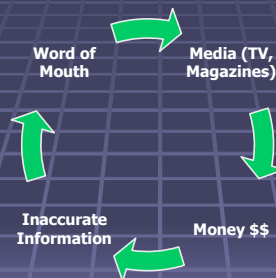


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Myths

Most myths are influenced by:



Know Your Stuff!!!

- **BE A CRITICAL CONSUMER OF INFORMATION**
- Knowing the most current, reputable information will help you navigate the vast amount of information available

Fact or Busted!!!!



KSS's Very Own MythBusters Challenge

Are these Myths Busted???

We will find out!!!



#1

- Weight training makes females bulky & gain weight
- **BUSTED!!**



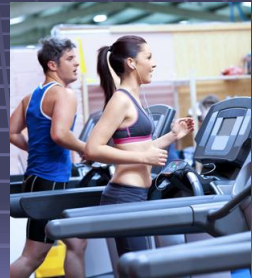
#2

- Proper weight training techniques make you lose flexibility
- BUSTED!!!



#3

- Running on a treadmill puts less stress on your knees than running on asphalt or pavement
- Busted!!!



#4

- Eating a large carbohydrate meal 30 minutes before training will make you tired midway through your workout
- FACT!!!



#5

- If you stop exercising your muscles turn into fat
- BUSTED!!!



#6

- Exercise helps prevent various types of diseases
- **FACT!!!**



#7

- A person must do hundreds of crunches everyday to get their abs to show and reduce the pot belly
- **BUSTED!!!!**



#8

- If I'm not sore the next day, I didn't workout hard enough
- **BUSTED!!!**



#9

- If I eat higher amounts of protein than recommended, I will build larger muscles more rapidly
- **BUSTED!!!**



#10

- A person will see rapid strength gains within the first 6 weeks of training

▪ **FACT!!!**



#11

- A well balanced diet isn't enough to build muscle mass, I must incorporate supplements to see maximum results

▪ **BUSTED!!!**



#12

- Machines are a safer way to exercise because you're doing it right every time

▪ **BUSTED!!!**



#13

- Before an exercise session, a person should stretch before warming up

▪ **Busted!!!**



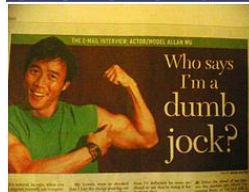
So What!!!

- Science & Technology have shaped our discipline as we know it today:
 - ACSM
 - Gatorade Sports Science Institute
 - AAHPERD
 - IAHPERD
 - Certifications



Dumb Jocks???

- We are clearly not dumb jocks as once perceived



Thank You!!!!

- <http://www.youtube.com/watch?v=YMSSmI6P2QA>
- <http://www.youtube.com/watch?v=TDrGHP9Z8vw>

- Questions

