



Eras in Fitness (45points)

“Every new beginning comes from some other beginning's end.” *Seneca*

Life is a changing world and how we use that change is what makes our life meaningful. Fitness is ever changing. New research, ideas, and thoughts are constantly being produced to help people achieve and lead a healthier and fit lifestyle. The latest trends and research in fitness may have never evolved if it weren't for what was discovered and/or influenced from the past.

Your research topic this semester will be on the different eras of fitness and how these areas have paved the way to leading a healthy lifestyle.

“Change is the law of life. And those who look only to the past or present are certain to miss the future.”
John F. Kennedy

Eras

1800s 1900 1910 1920 1930 1940 1950 1960 1970 1980 1990 2000s

PowerPoint Guidelines:

Research Requirements:

- @ least 3 sources from Library Database and/or Print Collection
- @ least 1 internet source (.edu, .gov, .org, .net)
- Sources must be cited at the end of the PowerPoint in MLA style

PowerPoint Format (6 points):

- First slide should include your era and names of all members in group. Last slide should be your cited sources.
 - *At least 5 slides of information. This excludes your title and sources slides.*
 - Include at least 2 types of media (real pictures and/or video).
 - PowerPoint should be neatly organized with headings and bullet points.
 - Presentation should be at least 5-10min. All group members must equally present!
 - All information is present.
 - Final PowerPoint should be e-mailed to your teacher on
-

Extra credit: You have the opportunity to earn 5 additional points if ALL members of the group dress in the popular fitness fashion worn in their decade.



PowerPoint Presentation

Part 1 – Background of your Era - minimum 1 slide (4 points)

The beginning of your PowerPoint should incorporate a quick summary and basic history of that era. What was going on during that time period? Who was the president? Was there a war or significant movement happening?

Part 2 – Research – minimum 5 slides (24 points)

The “meat” of your PowerPoint should address your answers to the 5 *required* topics. In addition, you must choose 1 of the 4 *optional* topics to research.

Required:

1. What type of diet was popular in that era? What were people eating and how would it have affected their fitness level/lifestyle?
2. Who were the top “**fitness** models/figures” of that era? (Who were the people that influenced the changing fitness trends/lifestyle?) These may include athletes, body builders or fitness guru’s?
3. What was the lifestyle of that era? (What were the roles of both men and women and how did that influence their fitness and/or healthy lifestyle? What was happening in that time that may have influenced fitness changes?)
4. What were the fitness trends of that era? Was this trend most popular for men, women, or both? (What were the latest fitness fads that were being advertised/introduced?)
5. What were the biggest fitness gimmicks? (What type of gadgets were they trying to sell to get the quickest results?) How were they used?

Optional (Choose 1 of the 4):

1. What type of long lasting, functional equipment came out of that era that we still use today?
2. What was the fitness fashion of that era? (How were they dressed to work out?)
3. What activities/sports/fitness were introduced in schools during that era? What was physical education like?
4. Where did most people in this era carry out their fitness activities? (ex: at home, in a gym, on the farm, etc.)

Part 3 – Reflection – minimum 1 slide (8 points)

How did this era influence other eras?

Do we still use the same concepts that were taught in this era?

Was this era leading a healthy lifestyle based on your standards and knowledge?

Part 4 – Bibliography (MLA) – 1 slide (3 points)

The last part of your PowerPoint should include a list of all your sources cited in MLA style




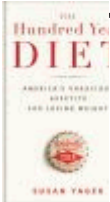


<p>LMC Online Catalog a. On-Campus Access b. Off-Campus Access</p>	<p>Ebsco Databases (Search all of the database modules to find articles on your topic)</p>	<p>Sirs Decades database (Browse the decades and follow the links)</p>
<p>Sample Google Search (history of fitness)</p>	<p>New York Time Historical Archive</p>	<p>Powerpoint Tips</p>
<p>MLA Help</p>		<p>http://www.foodtimeline.org/</p>

Additional Sources:

http://en.wikipedia.org/wiki/Food_faddism (Good for background/overview but does not count as a source)

Helpful Library Books at LHS

	<p>The 1980s and 1990s Details</p> <p>391.009 Clancy Steer Clancy Steer, Deirdre.</p>	In
	<p>The 1950s and 1960s Details</p> <p>391.009 Rooney Rooney, Anne.</p>	In
	<p>The 1920s and 1930s Details</p> <p>391.0090 McEvoy McEvoy, Anne.</p>	In
	<p>The hundred year diet : America's voracious appetite for losing weight Details</p> <p>613.25 Yager Yager-Berkowitz, Susan.</p>	Out



Something from the oven : reinventing dinner in 1950s America [Details](#)

641.5973 Shapiro Shapiro, Laura.

In

Our American century; End of innocence : 1910-1920 [Details](#)

973.9 Britten by the editors of Time-Life Books.

Published 1998

In



Daily life in the United States, 1920-1939 : decades of promise and pain [Details](#)

973.91 Kyvig Kyvig, David E.

In

Our American century; Dawn of the century : 1900-1910 [Details](#)

973.911 Britten by the editors of Time-Life Books.

In



Our American century; Decade of triumph, the 40s [Details](#)

973.918 Britten Britten, Loretta ed.

Published 1999

In

Atlas of the baby boom generation [Details](#)

973.92 Hamilton Neil A. Hamilton ... [et al.].

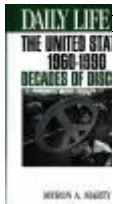
In



Daily life in the United States, 1940-1959 : shifting worlds [Details](#)

973.92 Kaledin Kaledin, Eugenia.

In



Daily life in the United States, 1960-1990 : decades of discord [Details](#)
 973.92 MARTY Marty, Myron A.

In



Our American century; Time of transition : the 70s [Details](#)
 973.924 Britten by the editors of Time-Life Books ; with a foreword by Dick Cavett.

In



Our American century; Pride and prosperity, the 80s [Details](#)
 973.927 Britten by the editors of Time-Life Books.

In



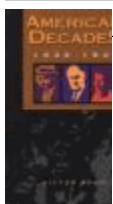
Day by day, the fifties [Details](#)
 REF 909.82 MERRITT Merritt, Jeffrey D., 1951-
 Published 1979

In



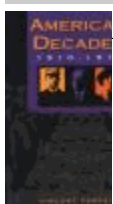
The 1950s : An eyewitness history : An Eyewitness History [Details](#)
 REF 973 Eyewitness Schwartz, Richard Alan, 1951-

In



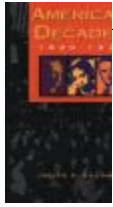
American decades. 1930-1939 [Details](#)
 REF 973.92 AME edited by Victor Bondi.

In



American decades. 1910-1919 [Details](#)
 REF 973.92 American edited by Vincent Tompkins.

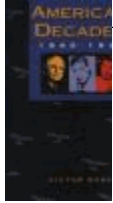
In




American decades. 1920-1929 [Details](#)

 REF 973.92 American edited by Judith S. Baughman.

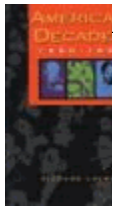
In



American decades. 1940-1949 [Details](#)

 REF 973.92 American edited by Victor Bondi.

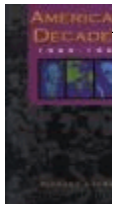
In



American decades. 1950-1959 [Details](#)

 REF 973.92 American edited by Richard Layman.

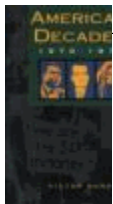
In




American decades. 1960-1969 [Details](#)

 REF 973.92 American edited by Richard Layman.

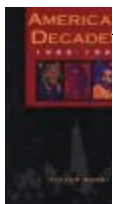
In




American decades. 1970-1979 [Details](#)

 REF 973.92 American edited by Victor Bondi.

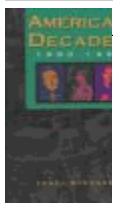
In



American decades. 1980-1989 [Details](#)

 REF 973.92 American edited by Victor Bondi.

In



American decades. 1990-1999 [Details](#)

 REF 973.92 American edited by Tandy McConnell.

In



The nineties in America [Details](#)

 REF 973.92 Nineties editor, Milton Berman ; managing editor, Tracy Irons-Georges.

In



The fifties in America [Details](#)


 REF 973.920 Fifties edited by John C. Super.

In





The seventies in America [Details](#)

 REF 973.924 Seventies editor, John C. Super ; managing editor, Tracy Irons-Georges.

In



The eighties in America [Details](#)

 REF 973.927 Eighties editor, Milton Berman ; managing editor, Tracy Irons-Georges.

In