

CHAPTER

18

DECISION-MAKING ACTIVITY

DIRECTIONS: Read each situation, then select one and answer the questions that follow.

Situation A. Eric, a serious athlete, works out at the only gym in his small town. There's a lot of steroid use there, but Eric has never used any. Over summer vacation Eric went through a growth spurt, and now his coach is accusing him of using steroids, too. Eric denies it, but his coach wants him to quit the gym anyway, even though the school's weight room isn't very well-equipped. Eric thinks the coach should believe him and just be glad he's training so hard.

Situation B. Teri has been working out regularly for the last 6 months and is encouraged by her progress. Lately, however, her routine has been interrupted. Due to inclement weather and fewer hours of daylight, she is finding it difficult to maintain her schedule of runs each week (five 3- to 5-mile runs and one 6- to 10-mile run). Aside from feeling like she's going to lose her present level of fitness, she had planned to increase her mileage next week.

1. Which situation did you select? _____

2. What is the decision that needs to be made? _____

3. What are some possible choices?

a. _____ f. _____

b. _____ g. _____

c. _____ h. _____

d. _____ i. _____

e. _____ j. _____

4. Where could _____ go to find help in making this decision? _____

5. What are the probable consequences of each choice?

a. _____ f. _____

b. _____

g. _____

c. _____

h. _____

d. _____

i. _____

e. _____

j. _____

6. What decision do you think should be made? Explain your answer. _____

7. What circumstances might warrant a different decision? Explain. _____

8. Describe how _____ should take action to implement this decision.

9. How would _____ know if he or she had made a good decision?

10. Have you ever been in a similar situation? If so, how did you handle it and how would you handle it differently if you were faced with it again?

