

Building Health Skills

Decision Making

What Steps Can You Take To Make Healthy Decisions?

The decision-making process can help you make healthy and responsible choices. The six steps of the decision-making process are:

- State the situation.
- List the options.
- Weigh the possible outcomes.
- Consider your values.
- Make a decision and act on it.
- Evaluate the decision.

Which Sports to Choose?

Follow the Model, Practice, and Apply steps to help you master this important health skill.

1. Model

Read how Jared uses the decision-making process to improve his physical fitness.

Jared wants to increase his cardiovascular endurance. He uses the decision-making steps to help him decide which activity to choose.

Step 1 State the situation. "I want to increase my cardiovascular endurance this summer."

Step 2 List the options. "I could swim laps, or play tennis."

Step 3 Weigh the possible outcomes. "Tennis is fun, but I need a partner to play. With swimming, I can set my own schedule."

Step 4 Consider values. "Swimming would be both comfortable and convenient."

Step 5 Make a decision and act. "I'll sign up for swimming."

Step 6 Evaluate the decision. "I can tell that my cardiovascular endurance is increasing."

2. Practice

Read the passage and then practice decision making by answering the questions that follow.

Matt wants to increase his level of physical activity. He thinks about joining a softball team, jogging, or taking archery lessons. However, he also has homework and school activities to fit into his schedule.

1. What decision does Matt have to make?
2. What are Matt's options?
3. What outcomes could he expect from each of the sports he's considering? Which will maintain his endurance? Which would involve the company of friends?
4. What values might Matt need to consider?
5. Which sport would you advise him to choose?
6. Write a few sentences evaluating the decision you made for Matt.

3. Apply

Apply what you have learned about decision making by completing the activity below.

Think about how you might improve your own fitness level. Then write a one-page contract for yourself. At the top of your contract write a paragraph that explains 1) the element of fitness you want to improve and 2) how this decision will increase your health. Next, show how you would use the decision-making steps to make a change in your fitness.

Self-Check

- Does my paragraph explain an element of fitness and why I chose it?
- Did I use the six steps of the decision-making process to make a decision about how to improve my fitness level?