

AOCS

Mason's Health & Fitness Expo

Today you will spend class time attending Mason's 14th Annual Health & Fitness Expo in ballroom the Johnson Center (lowest level). You will need to be able to answer some questions about the Expo in general and some specific questions that will give you answers about the specific vendor you have been assigned to investigate.



General questions to ask any vendor or Health & Fitness volunteer:

1. Why does Mason sponsor a Health & Fitness Expo on campus?
2. Why should a professor cancel class and ask students to attend the Health & Fitness Expo?
3. What is the difference between health & fitness, if any?
4. What is the most important idea about health and fitness that a student can learn at this Health & Fitness Expo?

Specific question to ask your vendor:

1. What is your product/program?
2. Why is your product/program important for student health & fitness?
3. What is the most important thing a student can do to maintain health & fitness?

In tomorrow's class, you will give a 3 minute presentation about your vendor, so be prepared to inform the class about your vendor. You may take notes and information and/or give-aways from your vendor to help you give your presentation. Your presentation must clearly answer the three questions you ask your vendor.