



News in Liberal Studies worksheet
13 January, 2017

JUNIOR LEVEL

True, False, or Not Given

State whether the sentences below are true (T), false (F), or not given (NG).

1. Students on average sit longer daily than employees. ____
2. Employees sit for longer durations during weekends than on work days. ____
3. Prolonged sitting makes it easier to develop bodily pains. ____
4. Sitting for too long does not affect psychological health. ____

ADVANCED LEVEL

A. Fill in the blanks

Please complete the table below:

Study	On the daily sitting habits of four groups, namely, 1. _____.
Conducted by	A charity group which promotes volunteerism and a 2. _____.
Findings	3. _____ sit for the longest: an average of 13 hours per day on a 4. _____. Such prolonged sitting can lead to higher risk of 5. _____ and 6. _____ problems.

B. CRITICAL THINKING

1. How much time do you spend sitting in school? Can this be reduced?
2. How much time do you spend sitting at home? What do you usually do when sitting?
3. What is a sedentary lifestyle?
4. Is this your lifestyle? What are the problems associated with such a lifestyle?
5. Discuss ways to reduce sitting time and increase physical activities.



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[Answers]

Junior level

1.F; 2.F; 3.T; 4.F

Advanced level

A. Fill in the blanks

1.employees, the self-employed, retirees and students; 2.university; 3.employees; 4.work day;
5.bodily pains; 6.psychological