

## Grade 8 PASS: Unit 4 Using Information Resources

In this test, you are asked to look at some reference materials and then use the materials to answer some questions.

### **Research Topic: American Fun**

Suppose you wanted to write a report on “American Fun.” You want to learn more about the various ways that Americans have fun. Six different sources of information about fun are contained in this section of the test. The information sources are listed below.

Skim all of the resources and become familiar with the information they contain. Remember that these are reference sources, so you do not need to read every word in each source. Once you have skimmed the sources, answer the questions that follow.

Use the information sources to help you answer the questions. As you work through the questions, go back and read the sources that will give you the information you need.

1. Newspaper Article, “How Americans Spend Time”
2. Table of Contents from *Ready, Set, Roll: A Beginner’s Guide to Inline Skating*
3. Magazine Article, “The Benefits of Fun”
4. Search Results from Online Library Catalog
5. Directory of Resources from Book, *How to Have Fun*
6. Information from National Federation of State High School Associations

# 1. Newspaper Article, "How Americans Spend Time"

## How Americans Spend Time

The United States Bureau of Labor Statistics is working on a comprehensive time-use survey that will be published in 2004. The purpose of this survey is to track how Americans spend their time. In particular, the survey measures the amount of time Americans spend each day on different activities. Americans go to work and come home to play with their children. They watch television and go to the movies. Some people have hobbies, and others play sports. Some Americans spend several hours each workday driving to work in their cars. The Bureau of Labor Statistics wants to know exactly how much time we spend doing each of these things. How much time do Americans spend on paid work and volunteer work? How much time do they spend doing household chores or taking care of children, or even just driving in traffic? How much time is spent on leisure activities or socializing? The United States government wants to know. (And so do the marketing departments of countless businesses and corporations, who are eager to target commercials and advertisements to potential customers.)

Similar time-use surveys were performed by the University of Michigan in 1965 and 1975. The University of Maryland performed time-use surveys in 1985 and again in 1995. However, no other state or

federal agencies are currently gathering this kind of information. The current survey by Bureau of Labor Statistics marks the first time the federal government has tried to gather such information. One advantage is that the Bureau of Labor Statistics is able to work with the United States Census Bureau. Working with the Census Bureau is helpful because the Census Bureau is already able to reach a large number of American households. With help from the Census Bureau, the Bureau of Labor Statistics can include these households in the survey. Being able to reach a large number of households means that the Bureau of Labor Statistics will have a large sample for the survey. A large sample is important in order to make sure that the households give information that will be typical of most Americans. The sample is also likely to be stable over time. These households will be asked to keep giving time-use information over a period of years. This will help the Bureau of Labor Statistics gather comprehensive information, track trends, and analyze the information gathered in the survey.

Households were chosen for the survey based on different characteristics. The goal in selecting households for the sample was to choose households that can represent a cross-section of the entire American population. In January of 2003, the Bureau of Labor Statistics began working with the Census Bureau to collect information for the survey. The information-collecting phase will

## What Do Americans Say About Free Time?

**"Less work, more free time!"** might be considered the motto of the modern American, according to a poll administered in April 2000 to more than 1,000 Americans<sup>1</sup>. Although about 60% of poll respondents reported feeling happy with their work, they also said that they feel they do not have enough personal time. Half of the respondents said they have less than 2 hours of free time each weekday.

The Shell Oil Company commissioned a Washington, D.C.-based research group called Peter D. Hart Research Associates to administer the poll in order to gather information about Americans' attitudes toward leisure time and about how Americans use that time. The results of the poll show that Americans place a high value on leisure time. More than half of the people who responded to the poll said that they would rather have more time off from work than a pay raise.

## 1. Newspaper Article, "How Americans Spend Time"

go on for a full year. The Bureau of Labor Statistics plans to publish the results of the survey sometime in 2004. The Bureau of Labor Statistics will then be able to make monthly time-use estimates. The time-use statistics will then be updated every year.

The results of the time-use survey will interest sociologists, researchers, teachers, business marketers, companies, economists, politicians, and print and television reporters. Analysts will be able to compare time-use among different sections of the population. For example, time-use patterns may vary, depending on age, education level, marital status, etc. People who analyze the information will also be able to contrast time use by Americans with information about time use from other countries. Approximately fifty other countries in the world are currently gathering and using

information from time-use surveys. Countries that have time-use surveys include Germany, Australia, Canada, New Zealand, South Africa, and North Korea. The Statistics Bureau of Japan has a comprehensive website that lists the results of the Japanese 2001 time-use survey, with summaries of daily time-use, comparisons of time-use by married couples, and time-use by geographic area. You can access the Japanese Statistics Bureau, a division of the Ministry of Public Management, Home Affairs, Posts and Telecommunications, at <http://www.stat.go.jp/english/data/shakai/timeuse/sumt.htm>.

Once the results from the American time-use are published, researchers will be able to compare and contrast the information about the ways Americans spend time with data gathered from other countries.

How do Americans spend their precious free time? The poll results show that many Americans enjoy playing games, with board games and computer games at the top of the list of Americans' favorites (32% and 31% respectively), followed by bowling (18%), golf (17%), poker (14%), softball (12%), and tennis (9%).

<sup>1</sup> The author gratefully acknowledges the Shell Oil Company for providing this information (and for granting permission to reprint this information) in Volume 2, Issue 2 of "The Shell Poll," published online by the Shell Oil Company in 2000. To see the full results of the poll, you may visit the company's website at [http://www.countonshell.com/shell\\_poll](http://www.countonshell.com/shell_poll).

**2. Table of Contents from Book, *Ready, Set, Roll: A Beginner's Guide to Inline Skating***

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### 3. Magazine Article, “The Benefits of Fun”

## The Benefits of Fun

What do you like to do for fun? If you like to play sports and games, go for walks, visit friends, read books, or do a host of other enjoyable activities, here is good news from the American Academy of Neurology. *Neurology*, the journal of the American Academy of Neurology, published a study that shows that participating in different leisure activities may decrease the risk of Alzheimer’s disease.

If you are active in your pursuit of enjoyment, having fun can benefit your body as well as your mind. Regular cardiovascular exercise (defined as any vigorous activity that raises the heart rate for a sustained period of time), such as dancing, in-line skating, hiking, swimming, running, playing soccer or playing basketball or any other demanding sport that requires steady movement, makes the heart work harder, thus increasing stamina and endurance. This helps you maintain good heart health and improve your circulatory system.

In a study by the Corpus Christi Heart Projects, researchers found that people who had suffered heart attacks could lower the risk of future heart attacks by regular participation in certain leisure activities.

One leisure activity that does not provide any known health benefits and may actually have negative consequences for health is watching television. Since television is a passive and sedentary activity, requiring little thought or movement from TV-viewers, no benefits may be reaped. Because people frequently spend more time watching TV than they originally intended, television ends up taking up time that might have been spent on more healthful activities.

According to an article published in the February 2002 in *The Scientific American*, humans have an “orienting response” that makes TV watching difficult to pass up when the set is on. Have you ever wondered why you keep looking at the TV when it is on, even if all that is showing is a boring commercial or a program you dislike? *The Scientific American* reports that the orienting response is an instinctive reaction to motion and sound. The constant sound and motion from the television is an irresistible lure. Unfortunately, this orienting response, combined with the relaxing effects of watching television, can lead people to watch more television than they intend—and certainly more than is good for them.

### Leisure & Activity Statistics

- In a news release published on March 12, 2002, the University of Michigan Institute for Social Research reported that people who live in Japan, Sweden, and the United States have more leisure time than people who live in other countries.
- According to the National Center of Chronic Disease Prevention and Health Promotion, only slightly more than 50% of young Americans, age 12-21, regularly participate in physical activity, and only 19% of all high school students participate in at least 20 minutes of physical activity every school day in physical education classes. Approximately 14% of Americans age 12-21 do not participate in any kind of regular physical activity.

### 3. Magazine Article, "The Benefits of Fun"

One interesting note is that, although people report feeling relaxed while watching, the feelings of relaxation disappear when the television is finally turned off. Contrast this effect with the effects of exercise and other, more active leisure activities. People say that they continue to experience feelings of relaxation long after they have finished playing sports or participating in activities related to hobbies.

Whether you enjoy working crossword puzzles or running marathons, it's clear that that it's all good: most of the fun you can have will provide some physical or mental benefit. If you include hobbies that challenge your mind, such as puzzles, chess, or reading mystery novels, along with activities that challenge your body and raise your heart rate, such as dancing, playing soccer, or even gardening, you can improve your physical and mental health and have fun at the same time.

- According to the National Center for Chronic Disease Prevention and Health Promotion, 25% of all Americans do not participate in any kind of regular physical activity. Fewer than 40% of all Americans do not participate in physical activity sufficient to meet the amount recommended by the Surgeon General of the United States.

## 4. Search Results from Online Library Catalog

### City University Online Catalog

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**GO!**

[Search Help](#)

### Search Results

#### 3 hits for keywords "leisure" AND "American"

- **America at work, America at leisure : motion pictures from 1894-1915 (collection of motion pictures compiled by the Library of Congress) Available at the Library of Congress only.**

Abstract added to catalog 2/1/2000 by CU staff.

[View full record](#)

- **At leisure: differences in leisure activities by age and gender (study sponsored by the Institute of American Studies). Full text available online.**

Added to catalog 5/24/2003 by CU staff.

[View full record](#)

- **Leisure Time: a multimedia presentation of Americans at play (collection of essays, photographs, video clips, and other artwork on the topic of contemporary American leisure activities). Full collection available online.**

Added to catalog 6/8/1999 by CU staff.

[View full record](#)

#### 1 hit for keyword "leisure"

- **Leisurely We Go: collection of poems celebrating leisure time. Excerpt available online.**

Added to catalog 12/4/1998 by CU staff.

## 4. Search Results from Online Library Catalog

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**931 hits for keyword "American"**

[Refine search](#)

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## 5. Directory of Resources from Book, *How to Have Fun*

### **Archery**

Archery is the ancient sport of using bows to shoot arrows at a target. If you are interested in learning about archery or watching an archery competition, contact the National Archery Association, which is the governing body for Olympic archery in the United States, at <http://www.usarchery.org/naapub/fp/front.htm>. This Web site also has a calendar of upcoming national and regional archery events and posts results of competitions.

### **Bocce**

Bocce is played in many countries throughout the world. This game was played as early as 5000 B.C. by the ancient Egyptians and later by the ancient Romans. Bocce is a team sport that has some resemblance to bowling. Each team tries to roll balls down a lane to land closest to a smaller ball, the pallina. The International Bocce Association, Inc. sponsors a Web site to provide information about the sport of bocce, including history, the rules of the game, and a calendar of international bocce events. For more information, visit the International Bocce Association at: <http://www.borg.com/~iba/>.

### **Frisbee**

Once just a simple game of catch, the game of frisbee has evolved into an actual sport, ultimate frisbee, with junior divisions, high school and college leagues and national championships. The Ultimate Players Association publishes a newsletter and hosts a Web site (<http://www.upa.org/>).

You write to the frisbee masters at the UPA at the following address:

741 Pearl Street, Side Suite  
Boulder, Colorado 80302

Or you can call them:  
Tollfree: 800-UPA-GETH  
Phone: 303-447-3472

Or you can send an e-mail request for more information: [info@upa.org](mailto:info@upa.org).

### **Hacky Sack**

The generic term for the sport that uses the Hacky Sack is footbag, a sport that emerged on the Oregon scene in 1972, when it was invented by Mike Marshall and John Stalberger. Footbag involves keeping what looks like a small bean bag in the air as long as possible without using the hands. Players can kick the bag. The sport has grown to include a freestyle version of the game, footbag players who perform tricks or choreographed routines, and a game that, like volleyball, is played in teams separated by a net over which the bag is volleyed. Footbag has its own association, the International Footbag Players Association. The IFPA has a comprehensive Web site that provides news about the sport, answers to frequently-asked questions, information about clubs, a

## 5. Directory of Resources from Book, *How to Have Fun*

calendar of events and championship competitions and their results, the official rules, and more. You can see all this for yourself at: <http://www.footbag.org/ifpa/>.

### **Inline Skating**

Whether you are interested in speed skating, aggressive skating, roller soccer or just plain weekend wheeling, you can get more information from the International Inline Skating Association, which hosts a Web site that is full of information about getting wheels on your feet. Consumer and product information, industry news, an online newsletter and chat room, the latest news about all things related to skating, a list of clubs, notices of events, recommendations for places to skate, skating tips, and instructor rosters—you'll find all that and more on the Web site for the International Inline Skating Association at: <http://www.iisa.org/>.

You can also call for more information: (910)-762-7004. If you prefer, you can send an e-mail to the executive director at this address: [director@iisa.org](mailto:director@iisa.org).

For another perspective, visit the Web site of the International Federation of Roller Sports at <http://www.rollersports.org/topics.php> (see also ROLLER HOCKEY), which provides information about artistic skating, speed skating, roller hockey, downhill skating, and trail skating, as well as information about international events and competitions, and general information about roller sports.

### **Juggling**

You can learn about juggling and juggling events on the Web site for the International Jugglers' Association, which exists to "render assistance to fellow jugglers." You can also find out about local juggling clubs in your area, juggling classes, and juggling events and competitions. The URL is <http://www.juggle.org/>.

### **Kite-Flying**

The American Kite-fliers' Association wants you to know that April is National Kite Month. The AKA publishes a print magazine as well as an electronic newsletter. The Web site of the AKA is full of kiting information. You can find the best fields in the world for kiting, and get information about the kite-flying scene in your area. For more information, visit the AKA Web site at: <http://www.aka.kite.org/>. You can also call the American Kite-fliers' Association at (800) 252-2550 or send an e-mail requesting more information to the executive director at this e-mail address: [xd@aka.kite.org](mailto:xd@aka.kite.org).

### **Orienteering**

Orienteering is the sport of finding your way in the wilderness, using a map and compass. For more information about the sport of orienteering, or to find an orienteering club in your area, contact the U.S. Orienteering Federation.

U. S. Orienteering Federation  
PO Box 1444  
Forest Park, GA 30051

## 5. Directory of Resources from Book, *How to Have Fun*

### **Paint Ball**

The first paint ball club was organized at a military academy, which makes sense, as paint ball is a kind of war game in which teams use paint guns to hit each other with splattering balls of brightly-colored paint.

The National Collegiate Paintball Association organizes high school and college clubs and leagues nationwide. For more information you can visit their Web site at:

<http://www.college-paintball.com/hs/>.

### **Roller Coaster Riding**

There are whole clubs dedicated to the pursuit of the downhill thrill. These associations of roller-coaster enthusiasts frequently publish reviews of the great American coasters. For more information, write to:

American Coaster Enthusiasts (ACE)  
P.O. Box 8226  
Chicago, Illinois 60680 USA

### **Roller Hockey**

Roller hockey, also known as inline hockey, is the sport of hockey as played on inline skates. The International Roller Sports Federation, or the “Federacion Internationale de Rollersports,” which bills itself as the “governing body of roller skating worldwide,” will give you all the latest news on roller hockey (and other roller sports), including international competitions, results, and rankings, on its Web site:

<http://www.rollersports.org/topics.php>.

### **Scrabble**

Word-lovers will be happy to know that there is a National Scrabble Association. Scrabble is a board game; playing scrabble is like creating your own cross-word puzzle. The NSA hosts a Web site that provides news about scrabble, the history of scrabble, a calendar of national and international events and tournaments, tournament rules and competitors’ rankings.

You can read all of this and more at: <http://www.scrabble-assoc.com/>, or you can contact the NSA at this address:

National Scrabble Association  
PO Box 700  
403 Front Street  
Greenport, NY 11944

Or you can call the NSA: (631) 477-0033.

## 5. Directory of Resources from Book, *How to Have Fun*

### **Skateboarding**

Some use skateboards for transportation and others, for sport. You can learn all about all things related to skateboards at the Web site of the Skateboarding Association of America at: <http://www.skateboardassn.org/>. Here there is news about skateboarding, competitions and rankings, a calendar of events, music for skateboarders, and more. You can even read about the skateboarder of the month!

### **Squash**

Squash is a racquet game, like tennis, and is played on an indoor court. Unlike tennis, players can bounce the ball off the walls of the court. First played in England in the 16<sup>th</sup> century, squash is now played around the world. For the history and rules of squash, as well as news, tips for new players (including online demonstrations), a calendar of competitions and a roster of rankings and more, visit the Web site of the United States Squash Racquets Association at: <http://www.us-squash.org/squash/>.

## 6. Information from National Federation of State High School Associations

A 2001 survey conducted by the National Federation of State High School Associations showed that rates of student participation in high school athletics have remained steady from 1972 through 2001, with nearing 4 million students participating in a school athletics program. The sport with the highest rate of student participation was football for male students, followed by basketball. The sport with the highest rate of student participation for female students was basketball, following by track and field.

