**2024.7绍兴市高二期末考试应用文教学设计**

**Step 1 :介绍fitness apps的定义：**

Fitness apps are easily downloadable on handheld devices like your phone, [smartwatch](https://www.active.com/fitness/articles/best-fitness-apps-for-apple-watch), or tablet. While some are free and others require a subscription, most fitness apps were created to help provide consistency and discipline as you work toward your goals.

**Step 2:介绍常见的fitness apps的种类：**

1. Google Fit

2. [MyFitnessPal](https://www.myfitnesspal.com/)

3. Map My Run

Step 3：Paragraph 1: 背景介绍+总述

Recently the school English newspaper launched a research entitled “Using fitness apps to monitor health”, the results are as follows.

A survey on the usage of fitness apps to monitor health has been carried out by our school’s English newspaper, and here are the results.

As public awareness of healthy lifestyle has been aroused recently, dozens of fitness apps come into being. But do our students make full use of them?

**Step4: Paragraph 2: 图表描述+评论**

**介绍 what is a graph**

A graph is a visual representation of numerical data. Graphs provide a visual way to summarize complex data and to show the relationship between different variables or sets of data. Graphs are also an excellent way to demonstrate trends and relationships within the data.

**图表描述+评论：**

★Nearly half of the students have never been exposed to these apps, and just one third of students are still using it. It immensely indicated the lack of health of consciousness and there is an urgent need to increase the using rate.

★ The graph showcase that 33percent of students are using fitness apps and 18 percent used to utilize them. Contrary to them, 45 percent have never used them.

★ There are 33% of students say that they are using such apps now, which offer them a way to record their steps and monitor their heart rates and body weight. 18% of students used to use them but have given then up now. however, 45% don’t know have never used them and 4% even don’t know them clearly.

★ Only 51% of students have used fitness apps with 33% still use them now. it’s a pity that 45 percent have never tried them and the rest 4% even don’t know about them.

★The consequence is surprising because there is an increasing number of students who have focused on their health. At the same time, it is also not optimistic for the remaining students.

★The data reflects the rising awareness of physical health of contemporary teenagers, which renders us a glimpse into their body condition.

★ The result undoubtedly depressed us. Not only does it show us the lack of awareness of keeping fit, but renders us a glimpse of the challenges about advocating living a healthy life.

**Step5:Paragraph 3: 建议+呼吁**

Step4:

★ Therefore, why not try it and gain a better self? Anyway, it is of great importance to keep a balanced and healthy life.

★ To cope with this situation, we are supposed to adopt smart fitness apps and stick to exercise routes and guidelines given by them. Hopefully, all of us can reach and healthier state by taking advantage of fitness apps.

★ It is high time that we students should put more concentration on our health through the fitness apps. Hopefully, those apps can contribute to facilitating their awareness of health and lead to a healthier life.

**Step6:范文展示**

Using Fitness Apps to Monitor Health

The findings of a recent survey reflect the varying attitudes towards fitness apps. While many are embracing the advanced technology, a substantial portion remains either indifferent or uninformed.

As is shown in the chart, one-third of our peers are using this high-tech approach to record their footsteps, monitor their heart rate and body weight. However, 18 percent have tried but no longer continue their use, while 45 percent have never explored these tools, and 4 percent are totally unaware of them, This significant portion of non-users highlights the existing digital divide nowadays, implying we haven't yet fully realized the benefits of these multi-functional tools.

For those who are not using the apps, I suggest probing into深入探究 their features to understand how they contribute to better health management. Just give it a try and live a healthier life!