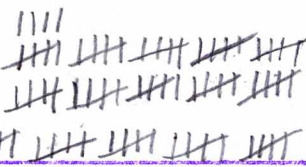


Mass Media - Movies

First Day

1. Shots - Close-ups 

2. How did the movie begin?

In a dance studio with a teacher teaching 2 bodybuilders

3. How did the beginning affect you? Did it catch your interest? Why or why not?

It got you in the mood for the movie. Yes, seeing 2 bodybuilders taking dancing lessons.

4. Where were the credits given?

In the beginning, to the left

5. What is the name of the gym where most of the guys in this film train?

Gold's gym

6. How long has Arnold Schwarzenegger been the top body builder?

5 ~~7~~ yrs

7. What people think that body building is strange?

the Inmates

8. How many years has Mike Katz been trying to win this competition?

5

9. Who wins?

Ken Waller

10. How did you feel about his winning?

He didn't deserve it because Katz worked hard.

10. How did the film show Katz's disappointment?

It showed a close-up of Katz wondering why he had

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lost

11. How did Katz react to the other guy winning?

He was happy that the guy was from the U.S.

12. How do you think the other guy would have acted if Katz had won instead of him? Why?

The same way, unless he was a crybaby or a hothead

13. How did the winner "psyche-out" Katz before the competition?

He took his blue T-shirt and Katz worried about it

14. Why did Katz become a body builder?

He was "scrawny" little kid early in life and was picked on.

15. Write a summary of what occurred in this part of the film:

Body builders were taking dancing lessons. It showed them working out in a gym and also showed the different exercises they did. It showed Mike Katz working out and interviewed him. It told his life story. Then it showed body-building competition. Katz was not selected as a finalist, but instead listened to who won it and was fairly happy.

Mass Media - Second Day ✓

1. Medium Shots:

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2 What was Arnold Schwarzenegger's first win? European
Tournament

3 Who trains Lou Ferrigno?
His father

4 What did Columbus's family think of his being a body builder at first? They wanted
him to work to make his
living

What changed their minds?
He started winning and
bringing home money

5 According to this film, what makes the muscles grow?
Experiencing pain, going through
the pain barrier

6 Arnold says that he can't let anything interfere with his training when he is preparing for a competition. Give some examples.

Tomorrow

Cut his emotions off
His father died and he
didn't go to his funeral, but
he didn't let this bother him

7 What other sport is Columbus involved in? Boxing
What title did he hold?

Middleweight boxing title?

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8. How is Columbus's strength and ability shown? Magazine pictures,
he ~~stands~~ is upside-down on a
bar, hanging by his feet only

9. Why did Lou Ferrigno become a body builder? He was a
small child, but he looked at
some bodybuilding magazines and
decided to body build

10. How does Ferrigno's father tell him to pose? Look at both arms,
then show them to the crowd.
Tilt slightly

11. To what art form is body building compared?
Explain the comparison:

12 ~~Explain~~ Summarize what occurred in the film today.

They showed Arnold Schwarzenegger's history first. They
showed Lou Ferrigno working
out, getting ready for competi-
tion. His father was coaching him.
They also showed how the body-
builders trained for competition.
Lou was having problems posing,
but his father helped him

Mass Media - Third Day



1. Long Shot:

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2. What did Arnold plan to do the night before the competition to help him defeat Ferrigno?

3. How will he beat Columbo?

4. What titles are they competing for? Mr Olympia overall, Mr Olympia Under 200 lbs, Over 200

5. How many times has Arnold won this competition before? 6?

6. What does Arnold plan to do after this competition? Retiring but still body building

7. Who is the unexpected entrant?

Serves Neroya, Fr.

8. What are the two categories in this competition? Over 200 lbs, and under

9. Who competes for the highest title?

Arnold and Franco

10. What place did Ferrigno get?

3rd

11. Who won the other category?

U. 200 lbs Franco Columbo

12. What three things are the contestants judged on?

A) Posture

B) Bringing out the muscles

C)

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13. How does Ferrigno's father describe Arnold's arms? They are spaghetti like

14. When does most of the judging take place? Before

15. Does Ferrigno's father trust Arnold?

No

Should he? Why or why not?

He only competed in bodybuilding for 2 yrs, so he shouldn't be expected to do really good

16. Where is the competition held? (city and country)

Johannesburg, South Africa?

17. Who wins the over-all competition?

Arnold

18. Summarize what you saw today:

Arnold and Lou were concentrating on how to win the competition. They showed the judging going on before the crowd was there. When the crowd was let in, they posed for the crowd. Then the 3 contestants posed separately. They announced the winners of the Over 200 lb division and then that of the all-around title. Arnold then announced that he was retiring from competition. They all celebrated Lou's birthday after words.

Mass Media - General Questions

1. Sound: Explain how each of these types of "sounds" were used in this film and to what effect:

A) Dialogue → Was used to express what the characters were feeling. Also showed what type of person he really was.

B) Commentary → This was used to clue you in on what was happening at the time and to give you info about someone or something.

C) Music → The music created the mood for a particular scene. Also kept you from being bored.

D) Sound Effects → The weights banging added much to the scene of the lifts. It showed how hard they were working.

2. Who were the five main characters in this film? Mike Katz, Ken Waller, Franco Columbo, Lou Ferrigno, Arnold.

3. Why were these men chosen? They were among the leaders in the competition.

4. How does this film get you interested in these characters? It documents their life, shows how hard they work, and shows their problems.

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5. Which characters did you like best? Why? I liked Lou the most. He shouldn't be a body builder, but he should be a power lifter with his type of muscles.

6. Which characters did you like least? Why? Arnold, he acted big and showed off too much. He bossed around the other lifters.

7. Arnold said that a body builder can't let anything interfere with his training when he is preparing for a big competition. Give some examples to show that Arnold didn't let anything interfere.

Arnold's father died when Arnold was training. He did not attend his funeral because it would have distracted him.

8. Which shots did you have most of? Close-ups (telephoto). What effect did this create in the film? It showed the muscles that they were trying to build up. It showed their emotions and feelings sometimes.

Mass Media - General Questions

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9. Describe what kind of person you think each of these characters was.

A) Arnold → He was a little bossy sometimes, but he probably deserved to be.

B) Franco → He seemed ok, he had a good attitude

C) Lou → Lou seemed very nervous, ^{maybe} which was from his inexperience.

D) Mike → Mike is ok. He had a good attitude to what he was doing and was a good loser

E) Ken → He seemed ok, he worked hard and got the title

10. How is this film different from a regular movie?

The film showed real people and documented some of their lives. It was not made up or fictional.

11. What techniques were used in this film to hold your interest?

The music came on at times when you might have been getting bored. Also, an announcer told what was happening.

12. What was the high point of the film? How did you know?

The competition. This was what the men were training for, this was their goal.

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13. Did this film evoke any emotion in you (make you like or dislike anyone, or want one person to win over others, or feel badly if anyone lost, etc)? Explain why or why not?

^{Yes.} I was sorry that Lou, Franco, and Mike lost. I thought that they deserved to win after all of that work that they did.

14. Do you think you could work as hard as these guys did to achieve a goal? Explain why or why not?

^{Yes.} They are a bunch of sissies compared to Vassili Alexia. I worked hard on the weights last year and killed everyone in the Long Jump and High Jump.

15. Give your opinion of this movie.

It was pretty good. The subject is of interest to most everyone. It was interesting to actually see how these people train and how they build their bodies. One thing that I noticed ~~it~~ was that none of the lifters brought the bar completely up. Instead of straightening their arms to 180°, they only went to like 150° and are not very strong. They showed histories of people to make it interesting. It was a good movie