

Introduction

You have come to this web page if you are medically excused from Physical Education class. You will be asked to research a health related topic and write a report on your findings to turn in to your teacher. Follow all instructions to receive full credit. To be safe confer with your teacher before beginning.

Task

When you have completed your paper it should be typed and double spaced. It should have three large paragraphs of close to one hundred words each. The first paragraph should be an introduction of the topic with a problem, advantage or disadvantage, or current trend. The second paragraph should contain information from experts or scientists on current trends, problems, and studies on the topic. The third paragraph should be your individual summary of your research and your individual ideas and opinions. A copy of your sources (web sites) and the article or articles used should be turned in with your paper. Some possible topics might include:

1. Differences between aerobic and anaerobic exercise programs.
2. Eating habits-good and bad.
3. Nutrition-yours (good and bad).
4. Stress
5. Cereal analysis
6. Eating breakfast pros and cons
7. Diets- disadvantages and harmful effects
8. Compare bodybuilding and weight training.

Process

After you reach this web site and read the Task you can begin by selecting a topic from the Resources or your own site. Follow the directions in the Task. The assignment can be done either at school or at home. Make sure you put your name on the paper.

Resources

All the topics listed above as suggestions can be found on the search engine google.com and then type in the subject.

1. Current health problems
2. Aerobic anaerobic exercise programs differences

3. Nutrition
4. Eating habits
5. Stress
6. Cereal analysis
7. Eating breakfast pros cons
8. Diets
9. Bodybuilding weight training
10. Smoking risks

Evaluation

Typed and punctuation – 5 pts.

Intro paragraph 1 (approx. 100 words) – 5 pts.

Experts and trends paragraph 2 (approx. 100 words) – 5 pts.

Self-summary paragraph 3 (approx. 100 words) – 5 pts.

20 pts. total