

Physical Education Alternative Assignment

Name: _____ Date: _____

Teacher's Name: _____ Class: _____

The following choices are available as an alternative project due to a medical condition, in or out of school suspension, or excused prolonged absence. Each class missed (or as discussed by the teacher) requires one full-page, typed, single-spaced response; ie. 4 classes = 4 responses. If information or articles are referenced, they must be turned in with the response or at the very least, the website link or location of the information being referenced must be provided.

All responses are due on or before _____.

I have chosen the following assignments below:

_____.

1. Describe your current health status. Be specific as to any particular medical problems- explain their possible causes, describe current limitations they pose, suggested treatment, and future prognosis.
2. Describe the differences between aerobic and anaerobic exercise programs. State the specific benefits of both aerobic and anaerobic exercise programs and give the guidelines for effective aerobic and anaerobic exercise.
3. What is Physical Literacy? Why is Physical Literacy important? Describe your own physical literacy and how you will continue to develop it throughout your lifetime.
4. Read one or two current articles on nutrition and prepare a written summary of the main points of each article. This summary may be a narrative written in paragraph form, a series of isolated sentences covering main points and major supporting evidence, or a topic or sentence outline.
5. Analyze your daily lifestyle and comment on changes you could implement to increase your physical activity, improve your eating habits and remove or reduce stress. Points could include how your culture, family, friends, schedule, etc., influence your activity levels and eating habits.

6. What is your favorite physical activity? Describe your favorite activity and explain why you enjoy it, what got you into it in the first place and why you think others should try it. Feel free to provide other details about the activity.

7. Define physical fitness. What do you think it means to be physically fit? Describe three ways that a person can maintain physical fitness.

8. Define quality physical education. What is it? What should it include? Be sure to include personal experiences into your definition.

9. Analyze and describe the influences that media and peers have on one's body image.

10. Develop a pre-season training program for a sport of your choice. Be sure to include information on the following: nutrition, strength training, agility/speed/quickness training, cardiovascular training, flexibility development, and skill development.