

Mrs. Battistoni Physical Education
Alternative PE Written Medical Assignment

Please research an article related to health and fitness and provide a written summary of the article and what you have learned.

The summary should:

- Be one page typed
- Be times new roman, size 12 font
- Include your name, class period & day at the top
- Include at least one paragraph summarizing the article
- Include an additional paragraph on what you have learned, what you found interesting, how the topic relates to you, etc.
- Include the link to the article you read (you can just copy and paste the URL to the bottom of your summary)

Once you have completed your write up(s) please attach it to the assignment and submit it. If you need any assistance finding a topic you can, but are not required to, search for some of the topics below or use the link to NY Times health articles.

NY TIMES HEALTH GUIDE

<http://health.nytimes.com/health/guides/index.html>

Topic Ideas:

- Nutrition
- Sports (must include games, rules, benefits of engaging in the sport – cannot be based on player statistics or sports scores)
- Benefits of physical activity
- Stress Management
- Benefits of engaging in specific lifetime sports/activities (dance, golf, pickleball, rock climbing, weight lifting, etc.)
- Injuries and/or injury prevention within sport and activity
- Importance of quality sleep/good sleep patterns