

Alternative Physical Education Medical Assignment

Article Review

Directions

- **You must hand a doctor's note in to the school nurse and your PE teacher before you can use this assignment to get PE credit.**
- You are required to complete a different assignment for each unit you miss if you are unable to participate for an extended period of time. (For example, if you miss the entire 2nd quarter due to injury or illness you would have to complete 3 assignments because there are 3 different units during the second quarter.)
- Each assignment is **DUE AT THE END OF EACH UNIT OF PE THAT YOU MISS** due to your illness or injury.
- **Read an article** related to one of the topics listed below and answer the following questions in a **TYPED 2 PAGE SUMMARY**.
- **You must cite the articles that you have read!!!**

- 1) Why did you choose this article?
- 2) What did you learn from this article?
- 3) What do you think about this topic?
- 4) Was it interesting or not? Why?
- 5) DO you agree or disagree with the author of the article?
- 6) Does this article or topic relate to you personally or someone you know? If not have you heard of this happening to celebrities or professional athletes in popular culture.

TOPICS:

- -Diabetes and physical activity
- -Move 60
- -Calcium/Bone health and physical activity
- -The caloric balance equation
- -How to use fruits and vegetables to help manage your weight
- -How much physical activity do you need? Physical activity guidelines
- -CDC's LEAN works
- -What is vigorous-intensity physical activity as opposed to moderate intensity physical activity?
- -Physical activity interventions or strategies related to cognitive health
- -Head injuries and physical activity
- -Injury prevention and safety
- -Sportsmanship
- -Incorporating technology and physical activity
- -What is cholesterol? How does physical activity effect Cholesterol?
- -What personal and community action may decrease obesity?
- -Physical activity guidelines for high blood pressure

- -Sleep/Sleep disorders and physical activity
- -Physical activity and academic performance.