



PHYSICAL EDUCATION

Research Project 0.25 CREDIT

Choose an area of physical education that you want to learn more about. Some ideas for topics would be:

Sports

- Team sports
- Individual sports
- Lifetime sports

Exercise

- Aerobic
- Anaerobic

Recreational activities

- Water
- Land
- Air

Professional Sports

Coaching

Training

Nutrition

Sleep

Human Anatomy

Kinesiology

Sports Medicine

Massage

Rehabilitation of injuries

Choose products that will “Show What You Know”.

Prezi, PowerPoint, Research Paper (dual credit possibility if approved by English teacher).

Be sure to give credit where credit is due... use citations! (APA format).

Turn in the product for credit.