

Internet Research

Valencia Physical Education Make-up Assignment

Due: By the last day of a given grading period
Must have teacher approval

1. Select **one** of the following topics:
 - a. Physiology
 - b. Fitness
 - c. Nutrition
 - d. Kinesiology
 - e. Weight Training
 - f. Stretching
 - g. Cardiovascular Training
 - h. Sports Psychology
 - i. Drugs in sport
 - j. Any topic your teacher has pre-approved
2. Log on to the Internet and locate web sites that have information on the given topic.
3. Select the top 3 sites.
4. Based on the information of those sites write a 2 page essay on what you found.
5. Turn in **FOUR** total pages:
 - a. **Page 1** – Cover page containing colored pictures and/or graphics related to the topic of choice. The cover page will include your name, your PE teacher's name, the period you have PE, and the current date.
 - b. **Pages 2 and 3** – The 2 page essay with your thoughts on the topic you selected. The essay must be typed and double-spaced.
 - c. **Page 4** – Type the address of the 3 top sites that you had selected to gather your information from. You can print the informatino and attach it IF it has the web-address clearly showing on the printout.