

Physical Education Make-Up Work

Students will choose one of the following topics and write a research paper explaining the issues surrounding the topic chosen. The paper must include your individual position on the issues presented. It must also include a minimum of two references. The paper should be approximately two typed pages in length. Check with your teacher as to the specific amount of make-up credit you will receive for each excused absence that you plan on making-up.

Approved topics:

- Creatine and other athletic enhancement supplementation
- Physical education in schools and its effect on obesity and overall health
- Effects of nutrition and diets on health
- Pre/post-natal physical fitness strategies
- Physical therapy and rehabilitation treatments for specific sports injuries
- Anatomical methodology explaining the basic mechanics of the human muscular system
- Explore eating disorders; include both psychological and physiological issues
- Specific sports psychology issues and the mind/body relationship