

## Make-up Assignments

To make up an absence/medical excuse, you need to choose one of the items below and complete according to directions. Point values are listed next to each assignment. Based on 20 points per day in class participation make up. Students may make-up 15 out of the 20 daily participation points.

1. Write a two-page paper on childhood obesity. Talk about the health risks and causes. (10 points)
2. Keep a journal of everything you eat and drink for one week, including weekends. Analyze your diet. Do you think your diet is “good” or “bad” and why? (10 points)
3. Write a one-page paper on how you can change your eating habits in order to improve your overall health. What foods should you be eating and why? (5 points)
4. Keep a journal of all physical activity you participate in during a normal week. Are you getting at least 30-minutes of moderate physical activity every day and 20 minutes of vigorous physical activity at least three times a week? If not, why? (10 points)
5. Research and write a one-page paper on the current fitness level of America’s youth. (5 points)
6. List 10 physical activities that you believe you might want to participate in when you are 30-40 years old. After the list, write a one-page paper telling me why you would choose to do these activities and what benefits they will hold for you. (5 points)
7. Write a one-page paper on why physical education is important and what are the benefits of daily physical education? (5 points)
8. Write a one-page paper on why kids are less fit and more obese today than 20 years ago. (5 points)
9. Write a one-page paper on why there are more children with asthma today than 20 years ago? (5 points)
10. Write a one-page paper on the benefits of physical exercise & good nutrition habits? (5 points)
11. Write a one-page paper on the top ten causes of death in America. Which one’s can be prevented through exercise and good nutrition habits? (5 points)
12. Find a current event or research article on health and/or nutrition. Attach the article or link to the article. Write a one-page basic outline of what was discussed in the article and your thoughts on the topic. (5 points)
13. Write a one-page paper on the steps that an obese sedentary individual should take towards becoming physically fit and healthy. (5 points)
14. Write a one-page paper on cardiovascular disease. What is it? How do you prevent it? (5 points)
15. Write a one-page paper that defines physical fitness and wellness. How are they different? How are they connected? (5 points)
16. Write a one-page paper on how you can ensure that you will be physically fit and healthy throughout your life? (5 points)
17. Attend an MVHS/College/Professional sporting event. Write a one-page summary of the game/match. Include the sport, the teams participating, date, time, location, final score, game rules, and basic strategies of the game. Discuss highlights of the game and the outcome (who won). Have a coach, teacher, administrator sign and date your paper to verify that you were there. (10 points)