

Month # _____

Find a topic of personal interest and research it on the Internet. Be sure to follow instructions and complete everything in Part II. You will be graded on the quality and depth of your replies. Part II must be typed on a separate page.

Mt. Everest Academy

Name & Date _____

Worksheet for Independent Research in PE

Part C of Monthly Assignment

Do Part I and Part II

Possible Topics:

Consumer fitness programs
 Fitness products or services
 Factors that affect fitness
 Effective conditioning practices
 Body composition
 Outdoor/adventure activities
 Yoga, jogging, gymnastics, aquatics, bike riding, group sports.

Physical activity and disease prevention
 Physical fitness standards
 Self-defense strategies
 Biomechanics
 Personal trainers
 Psychological/emotional benefits of fitness

PART I

Write five (5) interesting or useful main ideas or facts that came from your research:

✓ _____

✓ _____

✓ _____

✓ _____

→ (At least 2 sources)
Sources: _____

PART II - Critical Thinking

Besides giving the URL of the source, explain why you chose it rather than another site. What was its focus? Who was the audience? What organization, business or person sponsored the site? Why do you trust this site as a reliable source?

TYPE your answers on another sheet of paper. Also include: Why did you chose this particular topic? How can your research be useful to you in becoming more physically fit or in making healthy choices?