

Physical Education Project

Choose two projects (One project equals one unit)

Make sure your name, teachers name, class period and day is at top of page

All information that is not your own must be cited.

**Option 1:
Careers in Sports and Physical Education**

Use the following web sites to locate information regarding careers such as: Physical Education Teacher, Health Educator, Coach, Athletic Trainer, Exercise Physiologist, Personal Trainer, Nutritionist, Marketing Director, etc.

1. SUNY Cortland Physical Education Department Home Page <http://www.cortland.edu/physed/>
2. SUNY Brockport Physical Education Department Home Page: PE, Sport Management, Athletic Training, Coaching, etc. <http://www.brockport.edu/pes>
3. Careers in Sports Medicine and Exercise Science <http://www.acsm.org/PDF/Careers.pdf>
4. Athletic Trainer <http://www.uncwil.edu/stuaff/career/Majors/athletic-training.htm>
5. Ithaca College Department of Health Promotion and Physical Education <http://www.ithaca.edu/hshp/depts/hppe/>
6. Ball State University Physical Education Department <http://www.bsu.edu/students/careers/article/0,1370,143334-10695-23729,00.html>

Introduction: Introduce and discuss (in your own words) the field of physical education and sport as a career.

Body: Locate and discuss FIVE DIFFERENT careers and include in your report:

- Name of the career
- Description of the career
- Duties/responsibilities
- Education requirements (degrees, etc.)/Certification requirements
- Experience needed prior to obtaining a job in this field (internships, knowledge, prior job experience, practical experience, etc.)
- Average Salary in this position

Conclusion: Compare and contrast the career options you chose to explore in the field of physical education/sport. Discuss the careers you would be most and least interested in and provide reasons for each.

**Option 2:
Diet & Nutrition**

Directions: Use the following websites to locate information regarding proper dietary guidelines, fad diets and general nutrition information.

<http://www.mypyramid.gov/pyramid/index.html>

<http://www.cfsan.fda.gov/~dms/foodlab.html>

<http://www.americanheart.org/presenter.jhtml?identifier=4584>

<http://www.mayoclinic.com/health/healthy-diet/NU00190>

http://www.presidentschallenge.org/the_challenge/why_activity_amount.aspx

http://www.everydiet.org/fad_diets.htm

INTRODUCTION: Introduce and discuss why a balanced nutritional diet is important and necessary. Briefly introduce the two fad diets you are going to discuss in the body of the paper.

BODY:

Discuss two fad diets. Include:

The name of the diet.

The basis of the diet.

Is exercise included in diet? Why or why not it is recommended?

What are some positive aspects of the diet?

What are some negative aspects of the diet? Why is it unhealthy?

Discuss "Proper Dietary Guidelines". Include discussions on exercise, the food pyramid and number of calories on should consume.

CONCLUSION: Compare and contrast the two chosen fad diets with the "Proper Dietary Guidelines". Discuss the best way to lose weight and to keep the weight off. Provide a paragraph of advice to someone that wanted to lose weight based on your research..

**Option 3:
History of Sports**

Directions: Choose two sports and research their history.

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Introduction: Discuss why you are interested in the particular sports you chose to research.

Body: Using at least five references, locate, introduce and discuss the following:

Country or area of the world where sport originated.

Inventor(s): Name of individual or group.

Time period (approximate dates of origin).

Original rules and equipment.

Evolution of the equipment, and rules.

Present status of sport: popularity, governing bodies or leagues, Olympic involvement

Conclusion: In the final paragraph, summarize the research highlighting points found to be the most interesting and educational in regards to the sports.

Option 4: Work out log

Directions: Log your physical activity each day. Record activity, the duration and the results daily. **See attached log**



Chittenango High School

Fitness Log



Hi Everyone,

Over the coming weeks it is still important to stay active. Although the type of physical activity that you participate in may be different than you are used to, you can still stay healthy. In the columns below, you can keep track of all the physical activity you are doing. Your goal will be at least 120 minutes of physical activity each week. You may divide this up as you like. For example, you may walk for 20 minutes a day 6 days a week. We have provided some activity ideas for you to stay active. Your log needs to be emailed to your teacher no later than Friday April 3rd.

Thank you,

Mr. Thomas, Mr. Kielbasa, & Mrs. Landers

Contact Information

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Date	Exercise	Time	Results
<i>Example 3/16</i>	<i>Walking</i>	<i>20 minutes</i>	<i>walked 1.5 miles</i>

Week 1: Total Time: _____

Date	Exercise	Time	Results
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Week 2: Total Time: _____

Date	Exercise	Time	Results

Week 3: Total Time: _____

Date	Exercise	Time	Results

Week 4: Total Time: _____

Date	Exercise	Time	Results

Week 5: Total Time: _____

Date	Exercise	Time	Results

Week 6: Total Time: _____

