

Marking Period 1
MEDICAL EXCUSE ASSIGNMENT

FAILURE TO DO ASSIGNMENT WILL RESULT IN A LOSS OF PARTICIPATION FOR TIME MISSED.

***if you are medically excused 5+ weeks in a marking period:**

Write a 3-4 page paper on the benefits of aerobic and anaerobic types of exercise.
Include:

1. Bibliography/works cited.
2. Examples of different types of exercises and how to do them.
3. Expert opinions/advice on aerobic/anaerobic exercises.
4. Example of an exercise program that utilizes both aerobic/anaerobic exercises.
5. **DO NOT COPY/PASTE MORE THAN 2 SENTENCES! YOU MUST CITE/OR PUT IN QUOTES ALL WORDS THAT ARE NOT YOUR OWN.**

***if you are medically excused 2-5 weeks in a marking period:**

Write a 2 page paper on an athlete in history that has used the world of sports to demonstrate their remarkable abilities, character, work ethic, and desire. Your assignment will be to seek out an athlete and learn as much as you can about them. Your assignment should include:

1. Who did the athlete grow up to be and what was his or her sport?
2. Why did the athlete begin to be involved in sports?
3. What were the various levels of competition that the athlete participated in?
4. Why was this athlete successful?
5. What can you learn from the athlete that might be helpful in your life?
6. Plus any other information that you find that would be interesting.