**WEST DEPTFORD MIDDLE SCHOOL**

**PHYSICAL EDUCATION**

MEDICAL MAKE UP WORK

**Extended medical excuses (two weeks or more):**

1. Students with extended medicals shall report to the library to complete written work that will satisfy the state requirement for 150 minutes of health and/or physical education per week. Sign in on the P.E. Medical list.
2. **Two weeks or more -** Any student who has a medical excuse that lasts two weeks or more is required to complete a written assignment for **each week missed**. Below you will find **weekly assignments**. Your work is to be submitted to your teacher **at the end of each week**.
3. **Full marking period -** Students who will miss a full marking period must complete a **project** for each marking period missed. Students must show their teacher evidence of progress toward their project **at the end of each week**.
4. Your grades for these assignments will appear in the **class work/participation** columns on Powergrade.

**Weekly Assignments**

**(Minimum two-page, single-spaced, 12-point font. Cite sources.)**

**One Week assignments** - Sports, Physical Education, Fitness, Health Careers: Write a report on any four (4) of the following careers. Include information such as education requirements, responsibilities, average, etc.

Health Educator Physical Educator

Coach Dance Instructor

Personal Trainer Outdoors Adventure Leader

Athletic Director Athletic Trainer

Sport Scientist Sport Psychologist

Sport Nutritionist Cardiac Rehabilitator

Sports Agent Strength Conditioning Trainer

Physical Therapist

**One Week assignments** - Choose one of the following sports. Write a report about this sport that includes the history, basic rules and regulations, skills description, type of training necessary, etc.

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| **CONTACT SPORTS**  Akido  Boxing Fencing  Judo  Karate  Kick Boxing  Sumo Wrestling  Taekwondo  Wrestling | **ENDURANCE SPORTS**  Cycling  Decathlon  In line speed skating  Marathon  Triathlon | **EQUESTRIAN SPORTS**  Dressage  Polo  Steeple Chase | **GYMNASTICS**  Artistic gymnastics  Rhythmic gymnastics  Cheerleading | **RACQUET SPORTS**  Jai Lai  Racquetball  Squash |
|  |  |  |  |  |
| **SKATING SPORTS**  Artistic roller skating  Figure skating  Ice Hockey  Roller derby | **SLED SPORTS**  Bobsleigh  Luge  Toboggan | **TARGET SPORTS**  Bowling  Disc golf  Horse shoes | **TRACK & FIELD**  **EVENTS**  All events | **TEAM SPORTS**  Beach volleyball  Rugby  Speedball  Team Handball  Ultimate football |
|  |  |  |  |  |
| **WATER SPORTS**  Body boarding  Dragon boating  Kayaking  Rowing  Sailing  Surfing  Water polo  Scuba Diving | **EXTREME SPORTS** |  |  |  |

**One Week assignments** -

Choose one of these famous athletes and write about his or her early life, athletic career, and his or her later life. You may include any personal information that may make this assignment more interesting.

Babe Ruth Carl Lewis Hank Aaron Vince Lombardi Muhammed Ali

Arthur Ashe Paul (Bear) Bryant Wilt Chamberlain Ty Cobb Olga Korbut

Joe DiMaggio John. W. Heisman Wilma Rudolf Bobby Jones Billy Jean King

James Naismith Jesse Owens Cal Ripkin, Jr. Jackie Robinson Wayne Gretzke

Lance Armstrong Nancy Lopez Knute Rockny Jim Thorpe Pat Summitt

Johnny Weismuller John Wooden Cy Young Babe Didrikson Zaharias Jackie Joyner-Kersee

**Marking Period Projects**

**(Minimum eight-page, double-spaced, 12-point font. Cite sources.)**

**Marking Period Project** – Compare and contrast the use of drugs, fitness products, and fads to achieve fitness.

**Marking Period Project** – The impact of nutrition on athletic performance.

**Marking Period Project** - How sports psychology/motivation can affect sports performance.

**Marking Period Project** – How genetics, gender, age, nutrition, activity level, and type of exercise affect body composition.

**Marking Period Project** – The impact on our youth of professional athletes as role models.

**Marking Period Project** –The impact of athletic participation on academic performance.

**Marking Period Project** – The impact of Title IX on high school physical education and interscholastic sports.

**Marking Period Project** –The causes and prevention of sudden cardiac arrest in sports.

**Marking Period Project** –The pros and cons of youth sports.

**Marking Period Project** – How the use of performance enhancing drugs by professional athletes impacts today's youth.

**Marking Period Project** – The pros and cons of mandatory drug testing for high school athletes.

**Marking Period Project** – Differing graduation rates of male and female Division I athletes.

**Marking Period Project** – Common female sports injuries.

**Marking Period Project** – Muscle strain: incidence, causes, prevention, and treatment.

**Marking Period Project** – Psychological consequences of athletic injuries.

**Marking Period Project** – The effects of alcohol use and smoking on fracture healing.

**Marking Period Project** – The impact of high school athletics on self esteem.

**Marking Period Project** – The Ancient Greek Olympics: a history.