

Directions: This is a project which you must research and submit. Choose from amongst the topics listed below, or talk with your teacher if you wish to do your project on a topic which is not on the list. This project may only be submitted once, so do a good job!

Specifications:

1. This project must be at least three pages long, not including the title page or bibliography. It should be double spaced, and typed on the computer if possible.
2. Your bibliography must include all sources you have used in your research, including the Internet. Your bibliography must follow the style your teacher wishes you to use.
3. You may use Chapter 10, *Fitness and Health - A Way of Life*, in your text as a place to start your research. Please remember: **Using someone else's words and presenting them as your own is plagiarism, this will result in a mark of zero for this unit.**
4. Your project will be marked according to the following:

Title page	/5
Bibliography	/10
Content	/75
Project format	/10

Possible Research Topics: Write a report on any *one* of the following topics:

1. A brief discussion about the *Three Factors Affecting Fitness*.
2. Describe new measures taken to improve *Physical Fitness* in the public school system.
3. Discuss the *Role of Stress and Work Habits* as factors in improving your health.
4. Explain the problems associated with the *Use of Steroids in Professional Sports*.
5. Explain the Impact of *Smoking* and how it can affect one's health.
6. Describe the benefits of *taking St John's Ambulance First Aid & CPR* courses.
7. What is the disease called *Diabetes* and how can a people avoid becoming diabetic?
8. Make up a plan that you intend to use to become more physically fit and well!
9. Research a new *Diet Plan* or method to improve a person's eating habits.
10. A topic of your choice approved by your teacher!