

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

### **ALTERNATIVE PHYSICAL EDUCATION ASSIGNMENT**

The alternative physical education assignments below are for students who are unable to participate in their physical education class for an extended period of time due to a **legal** and **authorized** medical reason.

- Students on medical for 1-2 weeks **must** complete assignment #1.
- Students on medical for 2-4 weeks **must** complete assignments #1, #2.
- Students on medical for 4 weeks or more **must** complete assignments #1, #2, #3.

*Students are responsible for returning all work to their teachers which will be graded and included as part of their final grade. This assignment is due on \_\_\_\_\_.*

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#### **ASSIGNMENT #1**

In a three (3) page, double spaced, typed paper, discuss how five (5) common health risk factors can significantly impact a person's overall wellness and physical fitness. In this assignment, define **wellness** and **physical fitness**. List five (5) common health risk factors (obesity, high blood pressure, smoking, etc.) and define how each one can play a major role in a person's overall health. Finally, explain how a person who suffers from one or more health risk factors can increase their health and overall fitness (regular doctor visits, exercise, etc.).

#### **ASSIGNMENT #2**

In a three (3) page, double spaced, typed paper, discuss why muscular strength and muscular endurance are important factors when weight training. In this assignment, define **muscular strength** and **muscular endurance**. Research "muscular fitness" and develop a plan for an individual who is a novice in the area of weight training. This may include the frequency, intensity, and time considered when learning how to properly weight train. Finally, explain how weight training and muscular fitness are important in maintaining good health and overall fitness.

#### **ASSIGNMENT #3**

In a three (3) page, double spaced, typed paper, research the history of tennis beginning with the ancient Egyptians. Discuss how tennis has evolved over the course of history and its impact in the United States. Finally, choose one (1) current tennis player (male or female) and write a brief biography on this individual. Include your own experiences you may have had playing tennis either competitively or recreationally. If you never played tennis, please describe another activity that you participated in either competitively or recreationally.