Mt. Everest Academy

Worksheet for Independent Research in PE

Part C of Monthly Assignment

Possible Topics:
- Consumer fitness programs
- Fitness products or services
- Factors that affect fitness
- Effective conditioning practices
- Body composition
- Outdoor/adventure activities
- Yoga, jogging, gymnastics, aquatics, bike riding, group sports
- Physical activity and disease prevention
- Physical fitness standards
- Self-defense strategies
- Biomechanics
- Personal trainers
- Psychological/emotional benefits of fitness

PART I

Write five (5) interesting or useful main ideas or facts that came from your research:

✓

✓

✓

✓

✓

PART II - Critical Thinking

Besides giving the URL of the source, explain why you chose it rather than another site. What was its focus? Who was the audience? What organization, business or person sponsored the site? Why do you trust this site as a reliable source?

TYPE your answers on another sheet of paper. Also include: Why did you chose this particular topic? How can your research be useful to you in becoming more physically fit or in making healthy choices?