PE Medical Excusal

Research Project

For this project you are going to research and write a 5 page paper on a topic related to physical education that coincides with the unit the class is studying. The topic MUST BE PRE-APPROVED BY THE PE TEACHER.

Paper must include the following criteria:

**History**

* Who developed this sport/activity?
* Why was this sport/ activity developed?
* Where was this sport/ activity originated?
* Who were the first participants?
* How has this sport/ activity changed?

**Current Information**

* How to play/ participate in the activity?
* Diagram/explanation of the court/field markings
* Are there any differences for how men and women participate?
* Where could you participate locally in this activity?

**Safety**

* Are there any potential dangers that may occur while participating?
* How do we minimize risk?
* What training / preparation is needed prior to participation?

**Equipment**

* What is needed to participate?
* Where can you find the facilities needed?

**Financial**

* Does a person have to pay money to participate?
* How much money does equipment and participation cost?
* Is their participation at the professional level?

**Participation**

* Are a large number of people needed to participate?
* How could the number of participants be modified?
* Would this be considered a team or individual sport?

**Benefits**

* What are the benefits of participation?

**Components of Fitness**

* What health-related components are needed to participate in this activity?
* What skill-related components of fitness are used in this activity?
* What fitness / training activities could improve performance in this activity?

**As part of your five pages, you are required to answer the following opinion questions in complete sentences and paragraph form:**

1. List three modifications you would make to improve this sport or activity. Explain.

2. What are the physical and emotional benefits of the game or activity?

3. What impact, if any, does this sport or activity have on society today?

4. Can this sport be considered a life-long activity? Why or why not?

5. Who is a prominent person in the sport or activity today? Briefly describe their impact.

**Paper Layout**

* Double spaced
* Font – 12
* Font type – Times
* Margins – 1 inch
* Title page is attached, not a part of the 5 pages
* Topic is approved by teacher
* Opinion questions must be answered in complete sentences and in paragraph form.
* Bibliography page must be attached, and is not a part of the 5 page requirement

*Project modified from Garden City High School, NY*