

**PHYSICAL  
EDUCATION**

**Research Project  
0.25 CREDIT**

**Choose an area of physical education that you want to learn more about. Some ideas for topics would be:**

**Sports**

**Team sports**

**Individual sports**

**Lifetime sports**

**Exercise**

**Aerobic**

**Anaerobic**

**Recreational activities**

**Water**

**Land**

**Air**

**Professional Sports**

**Coaching**

**Training**

**Nutrition**

**Sleep**

**Human Anatomy**

**Kinesiology**

**Sports Medicine**

**Massage**

**Rehabilitation of injuries**

**Choose products that will “Show What You Know”.  
Power Point; research paper, magazine article, diagram, etc.  
Be sure to use citations! MLA style.**

**Turn in the product for credit.**