

Morris County Tech Physical Education

Long Term Medical Assignments

The 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 an approved medical reason.

- Students on a medical for 0-2 weeks must complete one packet for each day out. (They are located in the binder in the fitness center).
- Students on a medical for 3-9 weeks must complete assignments listed below. *“Alternative Medical Assignments”*
- Weeks 10 + (a marking period or more) students will choose **three** *“Marking Period Assignments”* from the lists below. Two from List 1 and One from List 2.

STUDENT RESPONSIBILITIES FOR COMPLETING LONG TERM PHYSICAL EDUCATION ASSIGNMENTS:

1. Print **this form** and fill it out with your teacher.
2. Turn your packet(s) in to your physical education teacher at the end of each week that you are absent from class.
3. If these assignment(s) are not turned in on their due date(s), you will receive a zero for that assignment, consequently receiving a zero in preparation and participation for each week your class meets.
4. All of the directions listed below must be followed in order to receive full credit.

ALTERNATIVE PHYSICAL EDUCATION ASSIGNMENT (WEEKS 2-10)

Assignment #1

According to the latest research findings, teenage obesity in America is drastically increasing. In a three (3) page, double spaced, typed paper, discuss the causes of teenage obesity and health risks that are associated with this epidemic. Also, explain how teenage obesity can be prevented and what steps a teenager can take to live a more healthy and active lifestyle.

Assignment #2

In a three (3) page, double spaced, typed paper, discuss why cardiovascular fitness and flexibility are important factors in maintaining a healthy lifestyle. In this assignment, define cardiovascular fitness and flexibility. Research two (2) cardiovascular fitness activities and explain why these activities are important in maintaining good health. Finally, discuss in detail several flexibility exercises a person should complete before engaging in physical activity.

Assignment #3

In a three (3) page, double spaced, typed paper, research the history of badminton, beginning with ancient Greece and the Egyptians. Discuss how badminton has evolved over the course of history from its early existence in England to the United States. Finally, write about your personal experiences that you have had playing badminton either competitively or recreationally in physical education class. If you never played badminton, please describe another activity that you participated in either competitively or recreationally.

Assignment #4

The passing of Title IX has had a tremendous impact on high school and college sports for women. In a three (3) page, double spaced, typed paper, explain what Title IX is and what impact of Title IX on women's sports.

Assignment #5

Throughout the world there are many different kinds of sports, activities, and games. For your assignment, develop your own personal sport, activity, or game that can be played in the gymnasium and that you would be willing to help teach upon your return to class.

The sport, activity or game can be entirely original or a combination of several existing sports. Your invention must meet the following criteria:

The sport, activity or game must be:

- 1) A team, sport, activity or game

- 2) No more than 5 participants per team
- 3) Non-contact
- 4) Played in the gymnasium
- 5) Use present PE equipment
- 6) Safe

Your description of the sport must include:

- 1) Number of players on each team
- 2) Diagram of field or court including dimensions
- 3) Rules of the game
- 4) Penalties for rules violations
- 5) Length of the game
- 6) Skills needed to play the game

Assignment # 6

The National Girls and Women in Sports Day will be observed in **February**. To celebrate the occasion, I would like you to design a bulletin board that will help the students at our school understand the significance of this day. I have listed a couple of websites below that should help you get started. <http://www.aahperd.org> <http://www.aahperd.org>

Assignment #7

Physical activity is an important part of a healthy lifestyle. Your assignment is to go to the American Heart Association website and answer the following questions in complete sentences. www.heart.org

1. Why is exercise or physical activity important?
2. How can physical activity or exercise help condition your body?
3. How can you improve your physical fitness?
4. What does F.I.T. stand for?
5. What are moderate intensity activities?
6. What risk factors can exercise reduce?
7. What are the benefits of exercise?

Assignment #8

Physical Activity is an important part of a healthy lifestyle. Your assignment is to go to the website below and answer the following questions completely. www.cdc.gov

1. Why should you be more active?
2. How can inactivity hurt your health?
3. What is the definition of moderate-intensity physical activity?
4. What is the definition of vigorous-intensity physical activity?

5. List and describe the “Stages of Change in Adding Physical Activity Into Your Life.”
6. List at least 10 ways you can become more active.
7. List and define the five components of physical fitness.

Assignment #9

Use the links below to access information and to answer all the questions completely. 1. What is the definition of obesity? <http://www.cdc.gov> 2. Why is obesity such an important topic? <http://www.cdc.gov> 3. View the presentation “U.S. Obesity Trends 1985 to 2001” and then write a 100 word summary of the presentation www.cdc.com

MARKING PERIOD ASSIGNMENT (10+ WEEKS)

Directions: Choose three Marking Period Assignments, two from List 1 and one from List 2. (Please be sure to cite all of your references.)

List 1: Choose 2

Flag Football

1. List three different job opportunities related to the field of football.
 - For each, list and explain the advantages and disadvantages of each.
 - Explain the educational requirements or training needed.
 - If you were to play, provide the phone number and name of the contact person who you would need to speak to in order to sign up.
 - Give a web address if they have one. Provide directions to each of these places and their addresses.
2. Break down 3 different skills used in football.
 - List common mistakes when performing each skill and how to correct them.
 - Draw or find a diagram for each skill.
3. List a cardiovascular workout that a college football player may follow to become ready for the season.
 - Explain a strengthening routine that could be used by the football team. Illustrate and explain 5 stretches for the upper body and 5 stretches for the lower body.

4. List 3 common injuries for a football player and measures that could have been taken to prevent them.

Basketball

1. Breakdown and explain all phases of the following skills as if you had to teach them to a beginning student. Use a diagram if necessary.

- Dribbling (right and left handed)
- Lay-up (right and left handed)
- Rebounding
- Defensive play

2. Explain and diagram 2 drills for each of the skills listed in #1. Remember these drills should be designed for beginning players. Make sure to include teaching cues and corrections for common mistakes that your player may make.

3. Name the major muscle groups that are important for every aspect of basketball. (e.i. for jumping, shooting) Explain in detail how you would strengthen these muscles during your teams training and conditioning.

Badminton

1. Describe the origin of badminton and the history of the game in the United States

2. Create a model of the badminton court.

3. Fully explain 5 different types of shots that are used in the game of badminton.

- This should include mechanics of the shots and diagrams which indicate the flight path of the shuttle.

4. Find a badminton club or organization that you can become a member of and describe what is needed to become a member.

- Explain the benefits of being a member of this organization.

5. Create a workout that focuses on speed and agility for a badminton player. This could include footwork drills and strengthening exercises.

- Have at least 8 different types of drills.
- Explain each drill in detail and specific the equipment that is needed to perform each drill.

Soccer

1. List three different job opportunities related to the field of soccer.

- For each, explain the advantages and disadvantages.
- List and explain in detail the educational requirements for each.

2. Break down 3 different skills used in soccer.
 - List common mistakes and how to correct them for each skill.
 - Draw a diagram for each skill.
3. Create various programs for a college soccer player.
 - List a cardiovascular workout that a college soccer player may follow to become ready for the season.
 - Devise a strength routine that could be used by a soccer team.
 - Diagram and explain 5 stretches for the upper body and 5 stretches for the lower body, be specific for each muscle group.
4. List 3 common injuries for soccer players and what measures could have been taken to prevent them.

Tennis

1. In an essay, explain a Grand Slam tournament.
 - How many are played each year?
 - In what countries are they held?
 - Which one is the first in the calendar year?
 - Which is the last one in the calendar year?
 - What court surfaces are they played on?
2. Explain in detail, 5 different types of shots used in tennis.
 - This should include mechanics of the shots and diagrams which indicate the flight path of the ball.
3. Find a Tennis Club or organization that you can become a member of.
 - Describe what is needed to become a member.
 - Explain the benefits of being a member.
4. Answer the following questions:
 - Name three Americans who won an Olympic gold medal in tennis singles in the last 20 years.
 - How high should a tennis net be at the center?
 - What is wrong with the following tennis score: 6-3,6-5?
 - If a serve hits the net prior to landing in the correct service box, what is that called?
 - What makes mixed doubles mixed?
 - What do you call a serve that is so well hit, that the opponent cannot return it?
 - What does 4 $\frac{1}{2}$ stand for when written on the side of the racquet?

Volleyball

1. Breakdown and explain all phases of the following skills as if you had to teach them to a beginning student. Use a diagram if necessary.
 - Overhand, open serve
 - Set
 - Forearm pass (bump)
 - Spike
2. Explain and diagram 2 drills for each of the skills listed in #1. Remember these drills should be designed for beginning players.
 - Make sure to include teaching cues and corrections for common mistakes that your player may make.
3. Name the major muscle groups that are important for every aspect of volleyball. (e.i. for jumping, serving)
 - Explain in detail how you would strengthen these muscles during your team's training and conditioning.
4. Identify and explain 3 common injuries associated with volleyball.
 - Explain what players, coaches, and officials do to help prevent each of these injuries.
5. List three different job opportunities related to the field of volleyball.
 - For each, list and explain the advantages and disadvantages.
 - Explain educational requirements or training needed for each.

Softball:

1. Write a one page essay on the history of slow and fast pitch softball.
 - Include information about the Olympic Games.
 - Name at least 3 people who greatly influenced the history of softball.
2. Create a notebook designed for coaches that fully describes at least three drills for each of the following:
 - Throwing
 - Hitting
 - Bunting
 - Pitching
 - Fielding.
3. Name the major muscle important for every aspect of softball (i.e. for throwing, running, catching).

- Now that you have identified these muscle groups; explain in detail how you would strengthen these muscles during your team's training and conditioning.
4. Identify and explain 3 common injuries associated with softball.
 - Explain in detail what players, coaches and officials can do to help prevent each of these injuries.

Weight Training:

1. Research 3 different job opportunities related to strength and conditioning.
 - Explain 3 advantages and 3 disadvantages for each that the job may have.
 - Identify and explain in detail the educational requirements for each (i.e.; what type of college classes, degree, certification or license.)
2. List 3 community resources where you could become active in strength and conditioning.
 - Give class schedules and the name of an instructor or contact person who you would need to speak with in order to sign up.
 - Provide directions and an address to each place.
 - List any equipment requirements for each that you would need to provide.
 - Give the name and phone number of the contact person.
 - Please give all information on fees and memberships.
3. Identify 6 different strengthening exercises (3 upper and 3 lower body).
 - Explain proper body alignment, proper hand and foot position, grip execution and breathing techniques for each.
 - List all the PRIMARY muscles used for each exercise.
 - Include a diagram or a picture of each exercise.
4. List and explain in detail 5 reasons to strength train.
5. List and explain in detail 5 myths associated with strength training.
 - Explain why these myths are false.

Table Tennis

1. In an essay, explain an Olympic Table Tennis Tournament.
 - How many are played each year?
 - In what countries are they held?
2. Create a 3-D model of a tennis table court. This should be more in depth than a drawing on paper.

3. Explain in detail 3 different types of serves that are used in table tennis.
 - This should include the mechanics of the shot and a diagram of the flight path of the ball.
4. Explain the basic rules for table tennis,
 - Include singles and doubles rules.
5. Define etiquette and how it is used during table tennis play.

List #2: Choose 1

Write a minimum eight-page, double-spaced, 12 point font paper for one of the topics listed.

1. Compare and contrast the use of drugs, fitness products and fads to achieve fitness.
2. The impact of nutrition on athletic performance.
3. How genetics, gender, age, nutrition, activity level, and type of exercise affect body composition.
4. The impact professional athletes have on our youth.
5. The impact Title IX has on high school physical education and interscholastic sports.
6. The causes and prevention of sudden cardiac arrest in sports
7. The pros and cons of youth sports.
8. How the use of performance enhancing drugs by professional athletes impacts today's youth
9. The pros and cons of mandatory drug testing for high school athletes.
10. Common female sport injuries
11. Muscle Strain: incidence, causes, prevention and treatment
12. Psychological consequences of athletic injuries.
13. The effects of alcohol use and smoking have on fracture healing.
14. The impact of high school athletics on self-esteem.