

Monticello High School Physical Education Make-up Approved Topics for Research

The Origin, History, and Facts of:

Archery	Field Hockey	Hunting	Soccer	Wrestling
Badminton	Fishing	Jogging/Running	Softball	Y.M.C.A./Y.W.C.A
Baseball	Flag Football	LaCrosse	Swimming/Diving	
Basketball	Fly Fishing	Mountain Climbing	Table Tennis	
Bicycling	Football	Olympics	Team Handball	
Bowling	Golf	Pickelball	Tennis	
Dance	Gymnastics	Sailing	Ultimate Frisbee	
Boxing	Horseshoes	Shuffleboard	Volleyball	

Life of a Famous Athlete- i.e. Derek Jeter

Careers related to Healthy Active Living:

Agent for Athletes	Doctor	Physical Therapist
Announcer/Broadcaster	E.M.T./Paramedic	Professional Athlete
Athletic Trainer	Health Teacher	Referee/Official
Coach	Nurse	Sports Journalist/Photographer
Dancer/Aerobics Instructor	Outdoor Recreation Specialist	Sportswear Designer
Dietician	Physical Education Teacher	Y.M.C.A./Y.W.C.A. Director

Special Topics:

Drugs in athletics
Drug testing for athletes
The facts about steroids
The importance of diet in life
What is somatotyping?
Benefits of a healthy living
Benefits of exercise
Physically educated person
Female athlete triad
Athletics and academics
Childhood obesity- statistics; causes, health risks and prevention
Fitness/power walking- benefits; proper technique and how to select walking
Sport nutritional supplements- risk for athletes; long term effects; what are the performance and nutritional benefits?
Weight Training- Benefits, FITT (frequency, intensity, type, time) principle
 Principle of overload
 Principle of specificity
 Principle of progression
Identify 3 types of exercise and describe how to do them for arms, back, chest, legs and shoulders

Eating disorders
Dehydration- causes and prevention
Osteoporosis- causes and prevention
Athletics and academics
Diabetes- causes, symptoms and prevention
Asthma- causes; symptoms and prevention
Teenage stress- symptoms and prevention
Indoor pollution- causes; risks and prevention
Gatorade and other sports drinks

- ❖ Write a 2 page report on the highlighted topics- double space, 12 font.
- ❖ Do not plagiarize. Mention the websites that your researched in your report.
- ❖ One report for every class you have miss in physical education.
- ❖ Report (s) due on: _____