

PE Medical Make-up Assignment
Mrs. Donovan/Mr. Ardizone

Find two articles from different magazines or websites on the same Health or fitness related topic. Compare and contrast the information in the articles in a 2 page **TYPED** summary. The paper should have at least 3 paragraphs

- 1) Introduce the topic
- 2) The body-do the authors agree/disagree, what are the main differences and similarities in the articles.
- 3) Conclusion-sum up your reading and add how you feel about the topic and whether or not you agree with each author and the information presented to you.

**For example, you may choose to do an article on the south beach diet.*

- Do both authors agree on the benefits of the south beach diet?
 - Do they both list the dangers or negatives about the south beach diet?
- Some topics you may choose are listed below. If you have another topic that is related to health or fitness feel free to use it as well.

Staple a copy of the two articles to your paper OR Cite your work.

- 1) Fad diets – i.e. atkins, cabbage soup, south beach
- 2) Diet supplements.
- 3) Diabetes
- 4) Obesity in Teens in America
- 5) Plyometric training for sports
- 6) Quickness and speed training
- 7) Cardiovascular disease in women (or men)
- 8) Steroid use in pro sports
- 9) Dangers of steroids
- 10) Eating Disorders in young athletes
- 11) Benefits of alternative types of exercise- i.e. yoga, pilates, karate, etc..

DUE DATE __The end of each activity_____