

STRENGTH AND CONDITIONING

MID-TERM

NAME:

PERIOD:

Find one fitness and one nutritional article from a credible magazine or an online credible source.

- After reading the article, write a 3 paragraph essay for each
- The first paragraph should be a summary of the article
- The second paragraph should explain how you would incorporate the information from the article into your IEP (Individual Fitness Plan)
- The third paragraph you will explain what results or changes could occur by implementing the information you have learned from the articles

<u>GRADING RUBRIC</u>	<u>POSSIBLE POINTS</u>	<u>ARTICLE 1</u>	<u>ARTICLE 2</u>
• Copy of article included	5	_____	_____
• Detailed summary of topic	15	_____	_____
• Example(s) of how you would incorporate the information	15	_____	_____
• Examples of changes that could occur if you implement the information	15	_____	_____
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	50	_____	_____

Please email your Mid-Term in a word document by the posted class mid-term date to :

smithed@garnetvalley.org

fantazr@garnetvalley.org