**TRUJILLO’S KINESIOLOGY AND HEALTH CLASSES**

**EXTRA CREDIT (DUE BY FINAL REVIEW):**

•Listen to “Convos with Coaches” Podcast on iTunes or Stitcher and write a reflection on the podcast episode. [www.convoswithcoaches.com](http://www.convoswithcoaches.com) . Can do up to 3 episodes (10 points each one).

•Attend a yoga, pilates, TRX, kickboxing, cardio sculpt, zumba, movement related class, or another intense fitness class (5 points), write 1 page reflection

•Get a massage, facial, acupuncture or related body work (10 points), write 1 page reflection

•Blood Profile at the Student Health Center-cholesterol, fasting blood sugar (5points), write 1 page report on findings

•Have height, weight, blood pressure, BMI, and %BF analysis performed (5 points), write 1 page report on findings

•Attend a 12-Step Meeting (10 points), write 1 page reflection

•HIV and STD Test (5 points), write 1 page report on the importance of regular testing

•Donate Blood and receive blood type (10 points), write a 1 page reflection on importance

•Read a newspaper, magazine, or health related article and write a 1pg reflection (5 points)

•Watch the movie Supersize Me, Food Inc., Forks over Knives, or any other food documentary and write a 1 pg. reflection (5 points)

•Walk the perimeter at South Coast Botanic Gardens, 2300 Crenshaw Blvd., Palos Verdes Peninsula, CA 90274; http://www.southcoastbotanicgarden.org/ Student Discount. Bring Receipt. (5 points)

•Do a type of Cleanse, bring in proof and write a report on it (10 points)

•Read a newspaper, magazine, or health related article and write a 1pg reflection (5 points)

•Participate in a 5K, Marathon, Spartan Race, Fun Run, Tough Mudder, or other fitness race. (5 points)

•Observe a Physical Education Class and write a report on the class (10 points)

•Observe a personal or private group training session and write a report on your observation (10 points)

•Bring in a copy of your Student Educational Plan from a LAHC Counselor (5 points)

\*Can do each extra credit once. Maximum of 50 points.\*

