

HEALTH 2 PROJECTS:

INTERVIEW:

- Pick one person to interview in a health related field;
- **TYPE a one-two page report on your findings in an Essay form.**
- Interview, including and not limited to the following questions:
 1. Why did you choose your profession?
 2. Describe a typical day from your career.
 3. What do you not like about your career?
 4. What do you love about your career?
 5. Name some strategies and your advice to address a healthier lifestyle.
 6. What inspires you?
 7. Where did you get your education?
 8. What advice do you have for someone who wants to be in your field?
 9. Name something you are most proud of...
 10. Name a meaningful experience you've had and how it shaped you to pursue work in your career.
 11. Where do you see yourself in 10 years?
 12. Any life advice or other comments for me?



RESEARCH PROJECT/ PRESENTATION:

Groups will research an area in the health, fitness, and wellness field to present to the class. You will address the importance of taking care of one's health and educating them on lifestyle changes to prevent disease, adding to a higher quality of life. The research project includes a research paper and an informational product.

Groups can choose to make a PowerPoint, Prezi, manual, mini-book, magazine, DVD, etc. on their research topic. **As a group, TYPE UP one 5+ page report** to accompany project and include at least **five** different **REFERENCES** from different sources (APA OR MLA). All members of the group must participate and input information for the paper and project.

Product should be based on one of the following topics:

- Different areas of Fitness, Wellness and Stress
- Improving Muscular Strength and Endurance
- Nutrition (Healthy Eating and a Sample meal plan)
- Exercise, Diet, and Weight Control
- Major types of CVD or Cancer and Prevention
- Importance of lifestyle modifications aimed at prevention of CVD and Cancer
- Different types of sexually transmitted infections
- The dangers of addictions & substance abuse
- Body Image
- (ANY other fitness and wellness topic, but needs to be approved by instructor)
 - Meditation
 - Yoga and Zumba
 - Home Health Remedies
 - Alternative Medicines
 - Paleo and Clean Diet

YOU WILL BE GRADED ON:

- Project Creativity
- Stage Presence (Voice Projection & Eye Contact)
- Use of Technology/Equipment
- Knowledge of Subject
- Engagement with Students
- Quality/Effectiveness of Handouts (or any visuals)

