Physical Education – Grade 11 Final Exam

**Directions**: Select ***ONE*** of the following topics. Research the topic and write a descriptive paper ***(2-3 pages)*** outlining the key information requested below. *YOU MUST SITE ALL YOUR SOURCES* (<http://www.citationmachine.net/>). Any questions…ask!!

1. **Physical Fitness and Nutrition**

Describe the relationship between a high level of physical fitness and nutritional

habits.

2. **Steroids**

The use of steroids among teenagers is a continual problem in high school and

college sports. Explain some of the reasons why teenagers risk using steroids and

outline the problems steroid use can cause.

3. **Supplements**

Nutritional supplements are available in greater numbers than ever before. What are some of the common supplements that are available? How do they work?

4. **Benefits of Exercise**

Research clearly shows that regular participation in moderate to high intensity

activity has tremendous benefits. What are some of the physical, social, and emotional benefits of participation in an exercise program on a frequent basis?

5. **Obesity: A Major Problem**

In spite of all the problems related to obesity, the number of people who are

overweight in the United States continues to grow. Why is obesity such a problem

today? What are some of the leading factors that contribute to our society

becoming obese?

6. **Sports/Games of the World**

Broomball, cricket, snooker, hurling, and boules are just a few of the many

popular games/activities learned in physical education classes around the world. Research any two activities rarely seen played in the United States. Describe the activities in your own words and explain why the activities are so popular in their parts of the world.

7. **Article Reflection**

Read an article relating to fitness, exercise, nutrition that you obtained from your

teacher. *In your own words*, outline the key points of the article. Explain how you

could incorporate the information in this article into your personal life.

**IF YOU PLAGARIZE YOUR PROJECT WILL NOT BE ACCEPTED AND WILL RESULT IN A ZERO!!**