High School Physical Education – 2nd .5 Credit

Research Assignments #3

**ISOMETRICS**

**The following 3 questions must be answered in the paper**:

|  |
| --- |
| **1. Define what it?** |

|  |
| --- |
| **2. How is it used in fitness training?** |

|  |
| --- |
| **3. What is the benefits to athletes?** |

Papers must have: 1’ Margins – 12 font – Times New Roman

All Sources must be documented and full article printed out and attached

All RWAC Assignments **must** use the following timeline:

1. Frayer **must** completed

2. RWAC Organizer **must** be completed

3. RWAC Planner **must** be completed

4. Draft of assignment **must** be handed in for feedback before final draft can be submitted

5. Final Copy of assignment

|  |  |
| --- | --- |
| **Definition**  (in own words) | **Synonyms** |
| **Examples in Sports/Athletics** | **Examples in everyday life** |

**RESEACH ASSIGNMENT**

**PLANNER**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_**

**Assignment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Task Definition:**

|  |  |
| --- | --- |
| What is the purpose of the  Assignment? |  |

|  |  |
| --- | --- |
| Do you understand the assignment? |  |

|  |  |
| --- | --- |
| How long is the paper? |  |

|  |  |
| --- | --- |
| How many resources do you need? |  |

|  |  |
| --- | --- |
| Write down the information you think you need to find in order to complete the assignment | 1.  2.  3.  4.  5.  6.  7.  8.  9.  10. |

**Information Seeking Strategies:**

|  |  |
| --- | --- |
| What unique words, distinctive names, abbreviations, or acronyms are associated with the topic |  |

|  |  |
| --- | --- |
| Can you think of societies, organizations, or groups that might have information on the topic? |  |

|  |  |
| --- | --- |
| Can you think of any synonyms or equivalent terms for the topic? |  |

**Locating and Accessing Information:**

|  |  |
| --- | --- |
| Where will I find the sources necessary to complete the assignment? | 1.  2.  3.  4.  5. |

RWAC ORGANIZER

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_

Assignment:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I. ***Introduction*** - (3 Points to be addressed in the paper/assignment)

A.

B.

C

II. ***Paragraph #1 –*** (Explanation that develops 1 of the points made in the Introduction)

A.

1.

2.

3.

B.

1.

2.

3.

C.

1.

2.

3

III. ***Paragraph #2 –*** (Explanation that develops 1 of the points made in the Introduction)

A.

1.

2.

3.

B.

1.

2.

3.

C.

1.

2.

3.

IV. ***Paragraph #3 –*** (Explanation that develops 1 of the points made in the Introduction)

A.

1.

2.

3.

B.

1.

2.

3.

C.

1.

2.

3.

V. ***Conclusion*** – (Supports the Information in the Paper/Assignment)

A.

1.

2.

3.

**RWAC ASSIGNMENT EXPECTATION**

**ASSIGNMENT MUST MEET EXPECTATIONS IN ORDER TO BE ACCEPTED**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Category** |  | **3- Meets** | **Notes** |  |  |
| Depth of Knowledge of written material |  | Student shows **basic** knowledge on the assigned subject |  |  |  |
| Compliance with the Assignment |  | Student complies with the assignment in a **competent manner** |  |  |  |
| References |  | Uses at least 2 appropriate references for assignment and they are documented correctly |  |  |  |
| Organization |  | Is **well** organized. Ideas are expressed clearly |  |  |  |
| Format:  Introduction |  | Introduction **includes 3 points** to be addressed in the paper |  |  |  |
| Format:  Paragraphs |  | Has **3 paragraphs of elaboration** that develops the 3 points made in the introduction |  |  |  |
| Format:  Conclusion |  | The conclusion **follows and supports** the information or explanation |  |  |  |