EXTRA CREDIT ARTICLE REVIEW ASSIGNMENT

1. Choose one instructional article from Foothill library reserve desk for a maximum of three make-ups or choose your own instructional article pertinent to the class you are enrolled in.
2. Read the article.
3. Write a brief paragraph on YOUR reaction/response to the article.

THE QUESTIONS BELOW WILL HELP YOU WRITE YOUR REVIEW.

1. Write the name of article, the date and the source.
2. State or summarize the most important message for you in the article.
3. What is something new you learned from reading this article?
4. What is something new you learned about yourself from reading this article?
5. How will you use this information you learned?
6. Who would you recommend this article to? (what fitness or skill level?)
7. Anything the author should have added or explained in more detail?
8. Did the information confirm or challenge your beliefs or previous knowledge on the topic?

HOW TO EARN EXTRA CREDIT:

1. To earn make-up or extra-credit points toward your final grade the paper(s) must be turned in within 10-days of each absence you are making up and no later than the last regularly scheduled class.
2. Papers can be hand written if legible.
3. One-written assignment will make-up one (1) absence.
4. If you are in a class that meets twice (2x’s) per week you may make-up two absences.
5. If you are in a class that meets three (3x’s) per week you may make-up three absences.

Example: Based on grading policy of 0-3 absences=A; 4-6 absences=B; 7-9 absences=C, etc. Jayne is in a MWF class and misses 7 classes. She completes three make-up assignments. Now she has 4 absences total and earns a “B” in the class if her participation in class has been acceptable. (Basically, she missed 2-weeks and a day, made up three classes and earned a “B”).

OTHER OPTIONS:

1. you may also choose to watch a video related to your class.
2. you may attend a fitness class off campus.
3. you may choose an article on your own rather than one from library reserve
   a. If you choose #1, #2 or #3 follow directions above for writing review.
Additional Make-up OPTION

Posture, Pilates, and Stretch Class Extra Credit NAME________________________
Due within 10-days of absence. Use back of page or separate sheet if needed.

1. Find three photos from newspaper or magazines and attach copies or originals.
   a. one should be a posture that looks healthy/pain free
   b. one should be a posture that looks unhealthy/painful
   c. one photo of a male or female with a strong “core” or abdominal mid-section.

2. For each photo fill in the appropriate blanks
   a. this posture looks healthy/pain free because__________________
      __________________________________________________________
      and this person probably experiences _________________________
      __________________________________________________________
      (benefits) because of their balanced posture.

   b. this posture looks unhealthy/painful because__________________
      __________________________________________________________
      and this person probably experiences _________________________
      __________________________________________________________
      (pain/ailments) because of their un-balanced posture.

Name the three major muscle groups make up the bodies core strength and briefly describe your understanding of the benefits of a well-conditioned core.