

Name: _____
First Name and Last Name

Grade: _____

Date: _____

Student #: _____

MISSING Daily Physical Activity Log – “I” Assignment #2

Missing Term: _____ School Year 20__ to 20__

When you have missed more than 1 term for DPA you must complete this assignment for EACH SUBSEQUENT TERM MISSED. (Example: If you have missed 3 terms in one year, you will complete “I” Assignment #1, and two separate Assignment #2s, totalling 3 “I” assignments all together.)

Instructions:

Choose from one of the following conditions and write a 300-500 word summary paragraph describing the following. Your summary must be typed and IN YOUR OWN WORDS. (plagiarism will not be tolerated!!)

1. Description of the chronic condition including:
 - a. Signs & Symptoms
 - b. Causes
 - c. Dangers/Complications/Prognosis
2. Describe (**in detail**) the role physical activity may have in the prevention and/or management and/or improvement of the condition. (Should be one paragraph on own).

TOPICS TO CHOOSE FROM:

(choose one and complete a separate assignment for each term of DPA missed)

Cancer (breast, colon, or prostate- choose one)

Coronary Heart Disease

Stroke

Diabetes Type II

Musculoskeletal condition – osteoporosis

Circulatory Diseases

Mental Health – Clinical depression and self-esteem

Hypertension or High Blood Pressure

CITE ALL OF THE WEBSITES YOU USED TO COMPLETE THIS ASSIGNMENT: (include the complete URL carefully, ensuring no mistakes are made- copy and paste is best)

Website 1:

Website 2:

Website 3:

Hand in to Mrs. Dato in lieu of an overdue DPA log – Room 313