

Health Research Project details

- **4 page** (not including works cited page which would be page 5) (1200 word) paper worth 300 pts. (30% of your final grade) that is the culmination of one of the 8 research project options that enables you to implement a change in your personal health, or explore an aspect of health.
- due **Thursday, 10 November**
- hard copy along with documentation to Dr. Shrock in class or his office in John Muir Hall plus electronic copy of paper turned into turnitin link on Canvas website.
- **No late projects accepted** This is so that Dr. Shrock can return the projects to everyone during your final examinations week.

Introduction: 1 or 2 paragraphs detailing:

- the project scope and result
 - why you chose the topic, what interested you about the topic, and what you hoped to accomplish
 - brief statement on what you accomplished/learnt
- **Methodology:** main part of your paper
- relevant resources (minimum 1 quote from the text book) and additional resources such as books, pamphlets websites, class notes/handouts which explain the relevance and background of your topic.
 - **You must incorporate info from the textbook in project ...more than simply one quote!**
 - how you set-up the project
 - explain your activities in a step-by-step detail with specific examples
 - challenges and successes you encountered

Conclusion:

- discuss in-depth what you learnt from doing the project
- how the project and results improved your understanding of the topic
- relevance to your personal health
- if you will continue the activity after the semester

Documentation:

- most topics require documentation to accompany your paper
- journals, workout sheets, calendars, spreadsheets which may be hand written. I will return documentation to you with your project before or during finals week.

Grading:

- 70% on content and completeness of project
- 30% on formatting and grammatical correctness
- Refer to *MLA references* in packet, link on class website for *MLA template & formatting*, and/or also utilize the writing center upstairs in Yosemite Hall or Library seminars (*20 points extra credit*)
- Dr. Shrock will have you all attach a grading rubric given to you beforehand so you can see grading criteria for the project.
- **Ask questions before 10 November**
Practice time management and reduce your **STRESS!**
It's OK to turn in the project early!