

# MHE-110 HEALTH RESEARCH PROJECT-Lecture Classes

For 30% (300 pts.) of your course grade, you must complete a research project. You will conduct this research project on yourself by using skills learned in this class to make positive changes to your lifestyle and reporting the results in this research project. Suggested project topics are listed below. If you choose to complete a project topic not listed here, be sure to contact Dr. Shrock for approval of your project before you begin.

## Requirements:

Once you have completed the activity (or activities) for your project, you must write a formal paper about your project. You must submit all documentation (evidence) of your activities along with this paper. Your documentation may take various forms, such as journal entries, tables, notes, photographs, DVD's, etc., and the documentation need not be typed. Your completed paper, however, must be typed and it must be at least four pages long (**minimum 1,200 words**). You must format your paper with one-inch margins all around, and you must use double-spaced Times New Roman 12-point font (*see attached example for how your paper should look*). Your paper should include a list of works cited (*this page is not included in the page count*). You must cite all works (*including your textbook*) in MLA style.

Your health research project is **due no later Thursday, 9 November, in class or delivered to Dr. Shrock's office (John Muir Hall, 157-I by 4:30pm)**. In addition to the printed copy of your paper and your documentation, you must also upload your paper to Turnitin using the link on the Canvas class grade page. **Papers not uploaded to Turnitin by 4:30pm, 9 November will not be eligible to earn credit for the assignment.**

*If you have any questions concerning this process, ask before 4:30pm on the 9th!*

## Health Research project paper organization:

Your paper should be written in well-defined sections as follows.

1. The first section of your paper should be a well-developed paragraph or two in which you introduce your project and explain why you chose this particular activity. Be sure to state, in your explanation, what it was that interested you about this project **and** what you hoped to accomplish by completing the project. End this section with a brief statement about **what you learned** from completing this project. Since this statement will serve as a thesis statement for your paper, you should have learned a minimum of THREE things that you can talk about in THREE paragraphs in the third section.
2. The second section is your "methodology" section; in this section, you should explain how you completed your project in step-by-step detail, beginning with the process of how you chose the project. In this section, be sure you explain the process of arriving at any decisions you made! For example, if you chose to design and implement a three-week workout plan, you should be explaining what process you used to determine what exercises (and how many reps) you would be doing on particular days. This section should be quite specific, and will probably require multiple paragraphs. **This section is also a good place to include required citations and quotations from your textbook!**
3. The third (and final) section of your paper contains your "findings"—what you learned from completing the project. This section is connected to your thesis statement (the last one or two sentences of the first section), and it should have **a paragraph for each of the things you learned**. In this section, you should discuss *in depth* what you learned from doing the activities involved in your project. Use this information to help you develop your own discussion. For example, you might want to consider how your activities

deepened your understanding of textbook material on your topic. **This section could also a good place to include the required quotations and multiple references from your textbook!**

The Internet and college paper research:

Some of these projects may involve some outside research. Though the Internet can be a valuable resource for this research, you must not copy any material word-for-word, and you must cite all outside sources (including your textbook). You may use Wikipedia.com *only* to find some preliminary information. You **should not** use Wikipedia.com as a reliable source of information in your research! **If you copy or plagiarize any material from the Internet or other sources, you will receive a zero for this project. Additionally, you will be referred to the Dean of Allied Health for further disciplinary action.**

Writing a college paper:

If you are not familiar with citing sources and general college writing practices, we strongly urge you to make use of the tutoring services in the Writing Center in Yosemite Hall. The tutors there are very friendly and offer a wide variety of *free* support services, including help with paper formatting, paragraph development, citation of sources, and proofreading guidance.

Grading criteria:

You will be supplied a grading rubric which Dr. Shrock will utilize in evaluating your paper. When you turn your paper in, fill out the top portion of the grading rubric, and staple it to the front of your paper. 70% of your project grade is based on the content and completeness of your project. The remaining 30% of your project grade will be based on mechanical and grammatical correctness. Be sure to proofread and edit your paper before turning it in for a grade!

Topic Suggestions:

1. Design and implement a personal workout plan for a three-week period. You can do this individually or utilize an MJC activity class or gym membership. Your documentation must include workout calendars or workout schedules, and you **must** utilize information from the textbook. You *may* include information from lectures or other sources as well.
2. Set aside a minimum of 20 minutes per day as “quiet time” for a minimum of one week (seven consecutive days). Complete a journal entry for each day. Each journal entry should include the date, time, and location of your “quiet time.” Each journal entry should also include your “quiet time” activity (you might, for example, listen to soothing music) and a record of your thoughts and feelings during your “quiet time.” Also report on how this practice affects your overall health.
3. Keep a journal of your emotions or sources of stress over the course of one week (seven consecutive days). Complete a journal entry for each day. Each journal entry should include the emotion or source of stress, the time of day it occurred, the event that triggered the emotion, and your reaction. Observe, and discuss in your journal entries, how your emotions or stresses vary throughout the day and from one day to the next. Reflect, in your journal entries, on the reasons for this variation in your emotions or stresses. Who influences the emotions or stresses you feel? Do you notice any patterns? Do certain events trigger the same emotions or stresses every day? Also report on how this practice affects your overall health.
4. Plan your diet for a minimum of one week (seven consecutive days). Keep a detailed journal of your meal planning as well as your actual eating. In your journal entries, discuss the advantages and/or disadvantages to planning ahead as opposed to living from meal to meal. Additionally, in your journal

entries, discuss whether or not you stuck to your plan on each day. If you stuck to your plan, discuss what kinds of things helped you succeed. If you did not stick to your plan, discuss what kinds of things made you deviate from your plan.

5. Keep a journal of your caffeine or soda consumption over a minimum of one week (seven consecutive days). Complete a journal entry for each day. Each journal entry should include the date, the time(s) of day, the location(s), the type of product(s), the amount(s) of caffeine or soda, the cost of product(s), and your feelings before and after consuming the caffeine or soda. Observe, and discuss in your journal entries, what your major source of caffeine or soda is. Observe, and discuss in your journal entries, what days (and at what times) you have the highest caffeine or soda consumption, and discuss what you attribute this to. Additionally, discuss what you are learning about caffeinated or soda products as you do this project.

Optional variation: You can also try to cut down on and eventually withdraw from caffeine (coffee or soda). If you choose this option, use the “Contract for Behavior Change” and discuss, in your journal entries, the dimensions of health (from your textbook) that are involved in your change. A three-week mini-project may be all that is needed.

6. If you know any recovered addicts or alcoholics, interview them about their experiences and difficulties—both while they were using and in their recovery. What is the most frequent “prompt” to their use of drugs? Reflect on the effect of these drugs on those who use them. As part of this project, you should also contact a local Alcoholics Anonymous (or Narcotics Anonymous) chapter and attend an “open” meeting. Your paper should include your observations of the meeting.
7. Explore the complexities involved in completing a Living Will. Obtain a legal form, which includes “Durable Power of Attorney,”—available on websites, and at most local stationary stores and hospital shops—and complete your own Living Will.
8. Provide a lecture to a citizens’ or school group on a health topic of your choice. Be sure to hand in your correspondence with the group teacher/leader and your lecture notes or a DVD of your presentation with a paper detailing what you believe you accomplished.

**Each of these projects includes assigned activities that you must complete; however, the structure of the formal paper remains the same. Where your chosen project includes some questions, be sure to discuss them and provide answers to them as part of your discussion in the final section of your paper.**