

# 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, 14 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 14 November**  
Practice time management and reduce your **STRESS!**  
*It's OK to turn in the project early!*