

## Quiz/Assignment Five

### Health Research Project Proposal Submission *(40 points)*

Your assignment, which is **due on Thursday, 1 March** is to submit a one page, typed, double-spaced paper in MLA format identifying the project you propose to complete for the full Health Research project due Thursday, 5 April. Follow these instructions to earn the maximum 40 points:

1. State topic number and title of your proposed self-action project. If you have contacted Dr. Shrock concerning an alternative project proposal, state this topic.
2. State briefly why you chose this topic.
3. Identify the step-by-step process how you intend to successfully complete the project. For example, you might write, *I propose to join an MJC aerobic class which meets twice a week and purchase the P90X home DVD system to work out on days when not in class to improve my overall fitness over a three week period.*
4. Outline how you will document your project (this documentation is to be turned in with your four page (1200 word) paper detailing the completion of your project). Some examples of acceptable documentation are a calendar of your workout schedule, a daily log of your diet modifications, a journal, a DVD or photographs of your process of completing the project.
5. Identify sources other than the textbook (if any) you will use to substantiate your project. Remember, you are **required to utilize your textbook and include at least one direct quotation from it!** For example, you might write, *I propose to utilize the P90X workout manual in addition to workout guides available for the MJC library. (Remember to utilize the MJC librarians if you don't know how to research background information on your topic.)*
6. Turn in your proposal no later than Thursday, 1 March in class, or John Muir Hall 157-I by 4:00pm. No electronic assignments will be accepted. Late assignments will receive half credit.