

## Physical Education Alternate Assignment Topics

Directions: Each listed topic must be covered in a two page written or one page typed report.

Topics:

1. 5 Key Components and Characteristics of Successful Teams
2. Long and Short Term Effect of Concussions
3. Benefits of an Exercise Routine
4. Technique and Benefit of Cycling
5. 5 Traits of Effective Leadership
6. Effects of Steroids on Athletes
7. Dehydration and Proper Hydration Requirements
8. Nutrition Food Pyramid and Daily Requirements
9. Positive and Negative Character Traits: Give examples of how they affect your team's success and personal growth.
10. Athletes and Nutrition
11. Develop a Personal and detailed Monthly Meal Plan
12. Research the Cost of and Benefits of 5 Local Fitness Gyms
13. Develop a Monthly Personal Fitness Plan
14. Massage Therapy
15. Sports Medicine
16. E Sports
17. Chiropractic Therapy
18. History of Negro League Baseball
19. History of Major League Baseball
20. History of the Houston Astros
21. Importance of Coaches to a Team
22. Effects of Weight Lifting Routines
23. Common Weight room injuries
24. Injuries and their percentages amongst the sports of Soccer, Football, Baseball and Basketball
25. Baseballs Steroid Era
26. History of the Houston Oilers
27. History of the Houston Rockets
28. History of the Houston Texans
29. History of Thurgood Marshall High School Basketball
30. History of Thurgood Marshall High School Football
31. Original USA Olympic Dream Team
32. Thurgood Marshall
33. Julius Erving
34. Earl Campbell
35. Muhammed Ali
36. Nolan Ryan
37. Lynn Bias

38. Tom Watson
39. Roberto Duran
40. Roberto Clemente
41. Pele
42. Michael Jordan
43. Arthur Ashe
44. Koby Bryant
45. Bear Bryant
46. Vince Lombardi
47. John Wooden
48. Earl Manigault
49. Jack Nicholas
50. Tiger Woods
51. Mike Tyson
52. Physical Benefits of Dance
53. History of Gymnastics
54. History of Golf
55. USA Olympic Basketball
56. USA Olympic Boxing Champions
57. Former Athletes in Wrestling
58. Former Athletes in Politics
59. Former Athletes in Entertainment
60. Calories, Cholesterol and Heart Disease
61. Effects of Smoking on Health
62. Prove Why or Why not Horses are Truly Athletes
63. Rocky Marciano
64. Harlem Globe Trotters
65. History of Barnum Bailey Circus
66. History of Cricket
67. History of Soccer
68. History of Polo
69. History of Lacrosse
70. USA Olympic Diving and Swimming
71. Professional Athletes from Humble ISD
72. College Football Biggest Rivalries
73. College Basketball Biggest Rivalries
74. Salaries of High School, College and Professional Football Coaches
75. Salaries of High School College and Professional Basketball Coaches
76. Salaries of High School, College and Professional Baseball Coaches
77. Top 10 Running Backs in NFL History
78. Top 20 Basketball Players in NBA History
79. Top 5 NFL Quarterbacks of All Time
80. Top 5 Boxers of All Time