**Armstrong Health Project**

**Requirements:** Create one of the following options for your project. **Total = (100 Points)**

1. A poster created by you and will be presented to the class.
2. Power point which can have video clips added and will be presented to the class.
3. An original video that you created and will be presented to the class.
4. Any other idea not listed MUST be approved by Coach Armstrong prior to starting on the project.

\* All presentations must be at least 5-7 minutes long. You will be required to present to the class. This project is to be done by yourself and must have a personal engagement factor associated with the project.

Whatever options you choose, please make sure to include answers to the following questions in your project:

**Who? [Who is most affected by the problem/issue?]**

**What? [What is the problem/issue?]**

**Where? [Where is the problem/issue occurring?]**

**When? [When is this problem/issue occurring?]**

**Why? [Why is this problem/issue happening?]**

**How? [How serious is this problem/issue?]**

SOOOO…. Why am I doing this?? BECAUSE - The idea of researching a health topic is to provide detailed explanation of its importance and your take on the whole issue. A health topic needs to be interesting, advanced, personally engaging and originally written. You can choose from community health topics, or go global. Apart from that, your health research topic needs to illustrate exactly how a particular issue is important and your solution or advice on the particular problem. Doing extensive research on certain topics is going to improve your knowledge and your outlook on the world as a whole.

Disease or Disorder:

1. How would a person get it? Is it hereditary? Is it contagious?
2. What are the signs and symptoms?
3. Describe the long term complications.
4. What are the treatment options?
5. Is there a cure?
6. Include pictures or diagrams for visual aids.

Global Health Issues/Current Health Topics:

1. What is this health issue/topic about?

2. Describe why this topic may be of concern to the health and well-being of the population such as epidemic problems, environmental concerns or societal impacts.

3. How has this health issue/topic been publicized?

4. What are the effects of this issue/topic if any on your overall health?

5. Where can you find resources to better understand this topic?

6. Include statistics to bring more awareness on the topic.

7. Include pictures or diagrams for visual aids.

Health Careers:

1. Describe the career.
2. Identify the education requirements.
3. Identify the places you might be employed.
4. Provide salary ranges
5. Describe a typical workday for this career.
6. What are the opportunities for advancement?
7. Include pictures for visual aids

Birth Control Method or Health Supplement/Aid:

1. Describe how it works.
2. How effective is it.
3. Is there any research on it?
4. Are there advantages and disadvantages?
5. Identify possible side effects or health risks.
6. Where and how do you get this?
7. Is this a prescription drug?
8. What is the cost?
9. Include pictures for visual aids.

\*Site your sources by providing a URL link from your research material used.

\* You can be creative in setting up the appearance of your project.

\* Your power point must be original, not a download from the internet.

\* If you are creating a poster, it must be on poster paper with title, facts and pictures.

\* All power points and videos should be emailed to alena.armstrong@slps.org before your scheduled day of presentation.

\* Each day your project is late, that will be 10% off from your grade.

\* A video must answer the above questions and be original.

**RESEARCH ESSAY GUIDELINES**

1. Introduction – Why did you pick this particular health topic? Did you hear about this topic through a friend, family, community, class, etc.? What aspects of this topic interest you the most and why? How will researching this topic allow you to have a better understanding about overall health and wellness? How will your research on this particular topic help you as an individual develop healthier life-long habits and help others?
2. 1st Paragraph – What did you already know about this topic previous to any research being done? What information had you heard from others (family, school, teachers, friends, etc) regarding this topic and was any of that information accurate? Where did they find their information? Was the information reliable and accurate, if not, why?
3. 2nd Paragraph – This paragraph needs to have the bulk of the information you are researching and presenting to the class. Find reliable resources and explain to your audience why this information is vital for our health community to understand.
4. 3rd Paragraph – Provide details, examples, and quotes to give depth to your research essay. Please include any additional information that you believe to be pertinent to your topic.
5. Conclusion – After researching this health topic, please write a reflective conclusion about what you have learned. Please include the multiple ways in which you will apply this new information to your daily life and overall health and wellness. Expand on your answer to include short and long-term applications in the real world. After learning about this topic, is there anything that surprised you? Provide insightful analysis and explanations of what you have learned from this project.

**Possible Topic Ideas you can use:**

Alzheimer’s

Bipolar disorder

Birth control pill

Breast cancer

Prostate cancer

Colon Cancer

Jealousy

Depo Provera

Dyslexia

Emergency contraception

Epilepsy

Cross-cultural perspectives on sexuality

Hemophilia

Hepatitis

Hodgkin’s disease

Hypertension

Lung cancer

Impact of death on Children

Meningitis

Lyme disease

Mononucleosis

Multiple sclerosis

Muscular dystrophy

RU-486

Parkinson’s disease

Physician Assistant

Physical Therapist

Occupational Therapist

Radiologist

X-ray Technician

Reproductive Technology

Effects of alcohol on the fetus

Children and divorce

Differing birthing style options

STI's and teenagers

Friendship and love compared

Date rape on college campuses

Sex role Stereotypes

Child abuse

Premenstrual Syndrome (PMS)

HIV testing and treatment

Sexual identity formation

Sex education controversies

Abstinence

Cross-cultural perspectives on sexuality

Selective reduction and fertility treatment

Trans-sexuality

Single parenting by choice

Disciplining children

Genetic Testing

The sibling bond

Sex and Alcohol

New Methods of Birth Control

Attitudes about Birth Control

The Abortion controversy

Homophobia

Adoption

Fathers Roles

Sexual Harassment

Family Size

Divorce

Finances and Marriage

Caesarean section abuse

Sex in the media

Effects of Song Lyrics

Rape/Sexual Assault

Perspectives on homosexuality

Twins and other multiples

Menopause and hormone replacement

Use the following sample links for further ideas:

<https://www.nami.org/>

<https://medlineplus.gov/>

<https://cdc.org>

<http://www.mayoclinic.com/>

<https://www.cancer.org/>

<https://www.hhs.gov/>

<https://www.nih.gov/>