

## HEALTH EXTRA CREDIT OPTIONS

### **OPTION 1: Article Summary & Reaction (3-5 points)**

Pick an article from a magazine, newspaper, or online source on a health topic. Write or type a ½ page summary and a ½ page reaction to the article. The summary should be a quick review of the article (not rewriting the article). The reaction should be your personal reaction to the article, including your thoughts, ideas, opinions and anything you may have learned. You **must** attach the entire article to your summary & reaction.

### **OPTION2: Show Summary & Reaction (10 points)**

Record a television show or movie on a health topic (**instructor permission required**). Write or type a ½ page summary, and a ½ page reaction to the show/movie. The summary should be a quick review of the show/movie and its connections to health. The reaction should be your personal reaction to the show/movie, including your thoughts, ideas, opinions, and anything you may have learned. Turn the video tape and summary/reaction in for full credit. (Additional Credit will be issued for tapes with no commercials.)

### **OPTION 3: Movie Reviews (10 points)**

Select a movie (instructor permission and parent signature required). Watch the movie and complete a “Movie Review”. In the review you become the critic, explain the movie and its connection to health. Include what you liked, disliked, and/or had a hard time understanding. The review should be at least 1 ½ pages typed (12pt font, 1 inch margins).

### **OPTION 4: Certifications and membership Cards (10 points)**

1. Get CPR and/or First Aid Certification. **Photocopy** the CPR and/or First Aid card and turn it in to receive the extra credit. OR 2. Join a fitness center/gym. **Photocopy** the membership card and/or contract and turn it in to receive credit. (Each 10 points)

### **OPTION 5: Cause for Concern (15 points)**

Participate in a health related athletic event, such as Race for the Cure, March of Dimes, Walk America, La Palma Run for Fun, etc. Students must write or type a one-page summary documenting the experience and show proof of participation (copy of your application, completion form, certificate, copy of bib number, etc.)

### **OPTION 6 Alateen/Alanon Meeting (10 Points)**

Attend an Alateen or Alanon meeting. Students must type a one-page summary documenting their experience. For meeting information call 1-88-4AL-ANON. **(In the summary, please refrain from using any names of individuals participating in your meeting.)**