

Extra Credit Paper

EX444 Exercise and Aging

Extra credit may be earned by completing the requirements stated below.

Grading will be 10, 5 or 0 course points.

1. Prepare a formal paper on any topic related to those discussed in class. The physiology/biology of aging and the interaction of physical activity with the aging process are most important.
2. Document must be typed, double-spaced, with no less than a 12pt Times New Roman font, and 1" margins. Length should be no less than 5 pages.
3. Document should present a review of the topic with no fewer than 8 references (journal articles, review articles, book chapters, etc.).
4. Document must contain your interpretation of the topic as it relates to the older adult and present your ideas for applying this information in the older population in order to help with successful aging.
5. Document must be turned in to the instructor no later than the final exam.