

POWER STANDARD 5: I Value Physical Education, Fitness, and Health**CAMPUS RECREATION RESEARCH PROJECT**

Name: _____

_____ Power standard 3: I participate regularly.

_____ Power standard 5: I value physical education, fitness, and health.

Choose one of the following:

1. Create a poster or visual aid that shows that you know how to find information about an intramural or recreation sport department at a college of your choice.
2. Write an essay that shows that you know how to find information about an intramural or recreation sport department at a college of your choice. Use 12-point font and double-spacing.

Each assignment *must* include the following:

- Name of college or university
- Website of the intramural or recreation department
- List of both team sports and individual sports
- List of club sports
- List of fitness classes
- List of employment opportunities in the department
- Explanation of how to register for a sport or class

Make it as large (poster) or as long (essay) as you like. The best projects will be displayed and used to teach future physical education students.