

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Student Number: \_\_\_\_\_

## Missing Daily Physical Activity Logs Assignment 2016-2017

When you have missed more than 2 DPA logs in 1 year, you must complete this health assignment.

Instructions:

1. Choose one of the following chronic health conditions:
  - a. Cancer (breast, colon, or prostate – choose one)
  - b. Coronary Heart Disease
  - c. Stroke
  - d. Diabetes Type II
  - e. Osteoporosis
  - f. Circulatory Diseases
  - g. Mental Health – Clinical depression and self-esteem
  - h. Hypertension or High Blood Pressure
  
2. Write a 500 word summary paragraph describing the following:
  - a. Description of the chronic conditions
  - b. Signs & Symptoms
  - c. Causes
  - d. Dangers / Complications / Prognosis
  - e. The role physical activity has in the prevention, management, and/or improvement of the condition
  - f. Canadian Statistics relating to the health condition

**Your summary must be typed and IN YOUR OWN WORDS! Plagiarism will not be tolerated.**

Cite all of the websites you used to complete this assignment. Include the complete URL carefully, ensuring no mistakes are made (copy and paste is best).

Website 1:

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Website 2:

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Website 3:

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Staple this sheet to your summary and hand in to Ms. Morabito or Ms. Neves in Room A233 (the Counselling Centre) **before June 1, 2017.**