## **RCHS Physical Education**

## **Article Research Reflection Makeup Assignment**

Research an article in a newspaper, magazine, online, or book that relates to health, fitness, sport, or nutrition. After reading the article, write a 1 page reflection. This reflection should include a quick summary of your research, and how it relates to your own personal life (your health, interests, career goals, etc.). Correctly cite your resource to receive full credit.