Wildcat Medical Assignment

**Directions:** Choose a topic provided below, formulate your thoughts and type up a 2-3 page paper as you answer all the questions provided. **Please be sure to site all your references**. You will have one week to complete and turn in each topic of your choice.

Topic 1: **Kinesiology**

Focused on the study of human movement, any student who has a desire to study a career in health, wellness, and fitness should explore a possible career as they gather information

* Educational requirements or training needed/ Volunteer opportunities
* Colleges/Universities you may be interested in attending
* Job opportunities/Salary
* Why you are interested in this career? Compatibility?
* Etc.????

Topic 2: **Soccer**

* List three different job opportunities related to the field of soccer. For each, explain the advantages and disadvantages. List and explain in detail the educational requirements for each.
* Break down 3 different skills used in soccer. List common mistakes and how to correct them for each skill. Draw a diagram for each skill.
* List a cardiovascular workout that a high school or college player may follow to become ready for their upcoming season. Devise a strength routine that could be used by a soccer team. Diagram and explain 5 stretches for the upper body and 5 stretches for the lower body, be specific for each muscle group.
* List 3 common injuries for soccer players and preventive measure that could have been taken to prevent them.

Topic 3: **Basketball**

* Breakdown and explain all phases of the following skills as if you had to teach them to a beginning student. Use a diagram if necessary:
* Dribbling (right and left)
* Lay-up (right and left)
* Shooting (right and left)
* Defensive play
* Explain and diagram 2 drills for each of the skills listed above. Remember these drills should be designed for beginning players. Make sure to include teaching cues and corrections for common mistakes that your player may make.
* Name the major muscle groups that are important for every aspect of basketball (ex: jumping, shooting) Explain in detail how you would strengthen these muscles during your teams training and conditioning.

Topic 4: **Badminton**

* Describe the origin of badminton and the history of the game in the United States.
* Create a model of the badminton court (singles vs doubles).
* Fully explain 4 different types of shots that are used in the game of badminton. This should include mechanics of the shots and diagrams which indicate the flight path of the shuttle cock.
* Create a workout that focuses on speed and agility for a badminton player. This could include footwork drills and strengthening exercises. Have at least 8 different types of drills. Explain each drill in detail and specific equipment that is needed to perform each drill.

Topic 5: **Football**

* List three different job opportunities related to football. For each, list and explain the advantages and disadvantages of each. Explain the educational requirements or training needed. If you were to play, provide the phone number and name of contact person who you would need to speak to in order to sign up. Give a web address if they have one. Provide directions to each of these places and their addresses.
* Break down 3 different skills used in football. List common mistakes when performing each skill and how to correct them. Draw or find a diagram for each skill.
* List a cardiovascular workout that a college football player may follow to become ready for the season. Explain a strengthening routine that could be used by the football team. Illustrate and explain 5 stretches for the upper body and 5 stretches for the lower body.
* List 3 common injuries for a football player and preventive measure that could have been taken to prevent them.

Topic 6: **Volleyball**

* Breakdown and explain all phases of the following skills as if you had to teach them to a beginning student. Use a diagram if necessary.

1. Overhand serve
2. Set
3. Forearm Pass (bump)
4. Spike

* Explain and diagram 2 drills for each of the skills listed above. Remember these drills should be designed for beginning players. Make sure to include teaching cues and corrections for common mistakes that your player may make.
* Name the major muscle groups that are important for every aspect of volleyball (ex: jumping, serving) Explain in detail how you would strengthen these muscles during your teams training and conditioning.
* Identify and explain 3 common injuries associated with volleyball. Explain what players, coaches, officials do to help prevent each of these injuries.
* List three different job opportunities related to the field of volleyball. For each, list and explain the advantages and disadvantages. Explain educational requirements or training needed for each.

Topic 7: **Sports related**

* Compare and contrast the use of drugs, fitness products and fads to achieve fitness.
* The impact of nutrition on athletic performance.
* How genetics, gender, age, nutrition, activity level, and type of exercise affect body composition.
* The impact professional athletes have on youth.
* The pros and cons of youth sports.
* The impact Title IX has on high school physical education and sports.
* Psychological consequences of athletic injuries.
* The impact of high school athletics on self-esteem.
* The role of a parent in youth sports.
* A topic of your choice related to Kinesiology or sports approved by teacher.