

HEALTH AND WELLNESS

ABSTRACT INFORMATION

1. Three abstracts are required and are due at the beginning of class on the date assigned. (5x8 cards only, stapled to a copy of original article, name upper left quadrant. APA citation , students summary)
 2. **FIRST TOPIC: Ergogenic/Nutritional supplements**
Article: Kutz, M and Gunter, M (2003) Creatine Monohydrate supplementation on body weight and percent body fat *Journal of Strength and Conditioning Research*. 17(4), 817-821
- SECOND TOPIC: “Fad Diets” Article List:**
- a. “Comparison of the Atkins, Ornish, Weight Watchers, and Zone diets for weight loss and heart disease risk reduction” 2005 (Dansinger)
 - b. “The Effects of Low-Carbohydrate versus conventional weight loss diets in severely obese adults: one year follow-up of a randomized trial” 2004 (Stern)
 - c. “Reduced glycemic index and glycemic load diets do not increase the effects of energy restriction on weight loss and insulin sensitivity in Obese men and women” 2005 (Raatz)
 - d. “High-Protein weight-loss diets: Are they safe and do they work? A review of the experimental and epidemiological data” 2002 (Eisentein)
 - e. “Dairy products components and weight regulation increased dairy product of calcium in take: Is body weight or composition affected in humans” 2003 (Barr)
3. Third Article students choice (article may be on any health related topic covered by our text, remember APA format for article citation, please follow instructions).
 4. Abstract (50 pts each) Hand written on 5x8 Index card with lines. **THE FIRST 2 LINES SHOULD CONTAIN YOUR NAME, ARTICLE APA FORMAT CITATION. SKIP ONE LINE AND WRITE YOUR SUMMATION** (be prepared to discuss your articles and/or APA citation format).
 5. Attach a copy of the article with a staple prior to class. (not stapled and neat not accepted)
 6. Abstracts will be accepted before due date and on due date. **NO ABSTRACTS WILL BE ACCEPTED AFTER** (Prior notice of absence and Emergencies (life or death not nail polish cracked) may be considered for exceptions as needed.

NOTE: An Abstract is a summation of read material, copying text is plagiarism.