

FITNESS WALKING

Abstracts

1. Two abstracts are required. The first one is due on **Wednesday, September 22nd**.
The second abstract is due on **Wednesday, November 17th.
2. You can use the following websites to find an article for your abstracts or if you are more familiar with other websites you can use those. However, the article must be on exercise, fitness assessment, healthy eating, or equipment (proper exercise shoes, weights, etc.):
www.centralhome.com/ballroomcountry/health-fitness.htm
www.msnbc.msn.com/3034511/
www.healthandfitness.com/newsartic/article_archives.asp
www.walking.about.com
3. Article abstracts should be typed – double-spaced. The first five lines at the top of the paper on the left hand side must include the following information:
 - a) Student name
 - b) Article title
 - c) Resource(s)
 - d) List the author of the article
 - e) The volume no. (if applicable) and Page numbers
4. **Print out the complete article if it is an Internet source (this must be turned in with your abstract).** You may have to use a couple of articles together that are on the same subject to get in 1 ½ pages.
5. The abstract should be 1 ½ page minimum and no more than 2 pages.
6. Abstracts make up 100 (50/50) points of your grade and count as a major exam grade.
It will not be added in until the end of the semester.
7. Abstracts will be accepted on or before their due dates but not after.
No Exceptions.

NOTE: An abstract is a summary of what was read in an article(s).

****DO NOT COPY THE ARTICLE WORD FOR WORD. YOU MUST READ IT AND THEN WRITE A SUMMARY THAT HIGHLIGHTS THE IMPORTANT POINTS IN THE ARTICLE.**