

FITNESS WALKING

Abstracts

1. Two abstracts are required. The first one is due on **Wednesday, February 18th**.
The second one is due on **Wednesday, April 15th**.
2. Use the following websites to find two (2) articles to critique:
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).
5. The abstract should be 1 ½ page minimum and no more than 2 pages.
6. Be prepared to share your abstract with the class.
7. 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.
8. 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).