PHED 1100: HEALTH & WELLNESS (WILLIS)

ABSTRACT INFORMATION

An abstract is a summary of a topic. Gather information on the required topics and summarize it in your own words. Plagiarism will result in a zero on the assignments.

1. Required topics: “A Fad Diet” and “Environmental Health”
   Description: Choose a specific diet and discuss it. Include the pros and cons of the diet and whether it encourages exercise. (examples: Jenny Craig, Caveman Diet, etc.)

   Choose an environmental health issue, something that is detrimental to our health, and discuss it thoroughly. Be sure to discuss the impact of the issue on personal health. (examples: tobacco, violence, dry cleaning, etc.)

2. Format: one typed page minimum; single-spaced

3. Due dates: “Fad Diet” due on or before October 8 and “Environmental Health” due on or before December 1. Both must be turned in at the first of the class session.