

**Research Summary / Data Base Search**  
**Kinesiology 119-Introduction to Kinesiology**

**Develop a research paper based on a question related to Kinesiology**

Instructions:

1. Using the first letter of your last name as a guide, you will select a research question from the list provided below. Please only choose from the list of three questions in your designated group. These represent some current topics of interest in the field of Kinesiology.
2. Use the information from the research module to search for and evaluate articles to use.
3. Read and take notes on relevant articles
4. Use your findings to answer the questions and justify your answer.
5. Please submit an electronic copy to the Drop Box

Please follow the above guidelines carefully.

Research Questions

Last name: A - L

1. Is stretching before exercise helpful in preventing muscle injuries?
2. What is the relationship (if any) between academic performance and physical activity?
3. What is responsible for muscle soreness after vigorous exercise?
4. What is the connection between social skill development and physical education?

Last name: M - Z

5. What is the prevalence of anabolic steroid use among college-age athletes?
6. Is regular exercise helpful in the prevention of cancer?
7. What is the relationship between participation in Physical Education classes and obesity rates in children?
8. What the relationship between stress fractures and the osteoporosis later in life?

**Assignment Evaluation**

Research Paper Grading / Points Possible:

- Format: 4 possible points:
  - Paraphrase the readings rather than using direct quotes;
  - 3-4 pages (10. Typical papers are 3-4 pages in length plus references);
  - Spacing (using 1.5 - 2.0 line spacing);
  - Font (11 or 12 pt type)
- Overall answer to the question: 1 possible point:
  - Question and answer clearly stated at the beginning of the paper
- Answer and Support: 15 Possible points:

- 5 points for critical thinking-2-3 questions derived from what you read (think future directions of the issue);
  - 5 points for answering the question and justifying your answer using the readings (i.e., use data or conclusions);
  - 5 points evaluate the article for possible limitations
- References : 10 Possible points:
    - 5 points for sources (5-10 references; 5 of which must be primary sources);
    - 5 points for proper formatting. Please use the APA style (see plagiarism module for directions)