

Written Assignment: Module 6

Be sure you have read all the assigned material and reviewed the web resources for module before starting the assignment. Students are strongly encouraged to use all supplemental readings, web sites, and learning activities. Once you have completed the assignment, please submit to the designated drop box in Learn@UW.

Please submit your assignment as a Word file. Please set the page to 1 inch margins and use an 11 or 12 pt font (Arial or Times Roman). Be sure to save your assignments with your last name and course number in the file name (e.g. smith\_course number).

**Physical Activity for All Homework**

Visit the Courage Center website and respond to the following:

1. Describe a friend or family member who experiences a limited ability of movement in some way
2. Review the programs offered through the courage center and identify one or more that would serve the person you identified in question #1.
3. Describe the benefits that your friend or family member might receive after having participated in programming through the courage center.

Upload your completed assignment to the dropbox entitled Adapted fitness homework

|              |  | Points Possible | Points Received | Comments |
|--------------|--|-----------------|-----------------|----------|
| Requirements | Followed assignment requirements of order, typewritten, few errors   | 3 pts           |                 |          |
|              | Describe a friend or family member who experiences a limited ability of movement in some way   | 1 pt            |                 |          |
|              | Review the programs offered through the courage center and identify one or more that would serve the person you identified in question #1. | 1 pt            |                 |          |
|              | Describe the benefits that your friend or family member might receive after having participated in programming through the courage center. | 5 pts           |                 |          |
|              |  |                 |                 |          |
| Total Points |  | 10pts           |                 |          |