Varsity Sports Research Topics

1. Skill development at Home
2. Body temp regulation during contests
3. Sport Specific Injury Prevention
4. Common Swing flaws and fixes
5. Practice without equipment
6. Proper equipment maintenance
7. Visualization and its effects on performance
8. Responsibilities of a Student-Athlete on and off the “field”
9. Techniques to get out of a “slump”
10. Proper Hydration and Nutrition
11. Importance of Individual camps
12. Final Exam presentations

Weekly Research Expectations: Each week we will focus on a new Topic. For each Topic, each individual student must research a *quality* article(s) and take notes on *3 key informational components* from that article(s). The notes you write out should be applicable to your own sport. All Reflection notes are due on the final day of the week. Be sure to Cite the source of each article.

Final Cumulative Project: During the last week of the trimester each student will present all of the information that they have gathered about each topic. They may design a presentation in any media they choose (i.e. poster, prezi, ect). The presentation will be a quick summary of how each topic is applicable and beneficial to them in their sport. They presentation should be no longer than 5min in length. Be sure to Cite your work.