Kines 227
Written Assignment (Paper):

Select any anatomical structure or region and use it as a foundation for your paper to show an applied application of the anatomical structure you selected. This is wide open. For example:

- You could select a muscle or muscle group and show how your knowledge of that group allows you to develop exercises for that muscle group. I would want to see a nice discussion of the anatomy and a discussion of the application.

- You could select a specific bone or joint and discuss a common injury to that bone or joint. Again, a nice discussion of the anatomy, the injury, and pertinent information.

- Maybe you want to select a joint or muscle group and discuss an application to a specific movement or activity. What is the role of the hamstrings in jumping and landing?

You are limited to three pages maximum (two would seem a minimum) and you must have at least three sources and reference appropriately. Remember any paper needs an intro and a conclusion. If you need help on reference style you follow Medline style for citations and bibliography format.

Here is a link: http://www.nlm.nih.gov/bsd/policy/cit_format.html

I prefer journal articles as the primary source. NO WEB SOURCES. Textbooks are OK but not preferred.

Email if you have any questions.

This is due in the Learn@UW Dropbox on Monday May 4th.