TOPIC; WEIGHT TRAINING HEALTH

Description

a 2000 word (roughly) analysis of a weight training and conditioning-related topic and its use in developing an overall fitness program for a healthy lifestyle. In this course, you will be able to research ANY weight training and conditioning-related topic. If you are not sure whether your topic of choice qualifies or not, please contact me via e-mail for guidance/approval. The project must contain: Cover page with name, date, and course section A thesis statement/research question (which must match the studies cited/sources) Minimum of 5 peer-reviewed (academic journals) article discussion - articles may support or contradict each other. Non-scientific sources (Wikipedia, health magazines, training website opinion articles, etc.) will not be accepted Reference page APA style (see Purdue website if needed); must cite sources within the text as well