

1 Day (5pts) Assignment

Define physical fitness and wellness. How are they different?

1. In your own words write a paper answering the question above. Your answer should be supported by facts. These facts should be cited from whatever source they come from.
2. Include in your paper your reaction based on the research you found. Please note anything that intrigues you, strikes you as peculiar or interesting, or that you agree/disagree with, etc...
3. You must use at least 2 sources to support your opinion
 - a. These sources must be cited with a reference page
4. This assignment must be:
 - a. At least one (1) page, plus a reference page
 - b. Typed 12 font
5. One (1) full page is equal to one (1) missed PE class