**Extra Credit**

**3%**

***Due on or before April 6th (2 credit)***

***Due on or before May 13th (3 credit)***

**Option #1: Research Participation**

* **Conduct original research project related to exercise science**
* **Participate in original research project related to exercise science**
* **Total participation must be equal to or greater than 2 hours of total work**
* **Signed documentation is required from supervisor of research**

**Option #2: Review of Literature**

* **Draft a paper that adheres to the following parameters:**
* **3-4 pages double-spaced**
* **12 point font, 1 inch margins**
* **Article must be relevant (related to biomechanics) and,**
* **Current (published in the last 5 years)**
* **2 pages of review based upon methodology, findings, and discussion**
* **1 page critical response based upon your interpretation of the article**
  + **What did you like/dislike about the article?**
  + **Why?**
  + **Was the methodology sound?**
  + **Why/why not?**
* **Proper reference of the article is required**