

**Alternative Assignment**  
**Fitness Article/Commercial Critique**

**Directions:**

Read four (4) articles and view two (2) commercials related to fitness (muscular strength, muscular endurance, cardiovascular fitness, flexibility, body composition, or nutrition)

**Part I: Article Critique**

Write a one page critique on each of your articles, include the following:

- Summary of the article
- Your opinion of the article
- How the information may impact your life
- Author, title, source or information, date, and page number(s)

**Part II: Commercial Critique**

Write a half page critique on both of the commercials, include the following

- Summary of the commercial
- Your opinion of the commercial
- How the information may impact your life
- Channel, date and time viewed

Attach all critiques to this sheet to turn in. Project must be turned in with parent/guardian signature.

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Parent/Guardian Signature