

Dear PEP305 Students,

I hope this email finds you safe and positively navigating the last 2 weeks of the semester.

Here (and attached) is your PEP305 Final. It is worth 15pts of your total grade. All semester I have been empowering you to 'think outside the box' on our projects and I continue that goal with this assignment.

Final PEP305 Project: Write an essay entitled, "The Future of Fitness."

I have arranged an exciting opportunity for you. I have been in direct contact with the Editor-in-Chief of IDEA Fitness Journal. This is the largest and most respected peer-reviewed fitness journal in the world. From your class submission I am going to pick out the top 5 essays and submit to IDEA Fitness Journal. The Journal Editors are going to read and evaluate these essays. There is a chance one of these will be selected for publication.

So, here are the specifics of the assignment:

Essay Entitled: "The Future of Fitness"

Theme: What will fitness be like in 30 years?

Length: 500 to 700 words (double spaced) {and YES, it can be longer}

Due Date: Wednesday, May 13 by Midnight (YES, you definitely can submit earlier!)

Submit your document Typed in MS Word as an attachment by Email to Dr. Kravitz:

lkravitz@unm.edu

This is NOT a group project. One paper per student. No late papers accepted.

CLASS: HERE ARE SOME QUESTIONS THE EDITOR-IN-CHIEF POSES TO YOU IN WRITING THIS ESSAY...AND MY RUBRIC FOR YOUR WRITING.

1) I would advise the students to research the ways the fitness industry is already changing and then project 30 years hence. While doing this, they need to take into consideration the current state of affairs in the world with regard to obesity, our health care paradigm, COVID-19 and the exciting things about the body and exercise science that research is providing us. (5 pts)

2) What does the fitness facility of the future look like? What is included in the membership? How will a fitness professional's role in this realm be different than today? (5 pts)

3) How will Technology continue the way we communicate and assess personal training clients? Use your imagination and think outside the box. Can you foresee any innovative phone apps or training devices of the future we will be using? How will they change personal training? (5 pts)

Thank you.

End