

Home Assignments

Assignment 1

The aim of this assignment is to practise you in the following research and academic writing skills:

1. Accessing the UL on-line catalogue /physical library
2. Finding suitable research materials
3. Writing academically
4. Utilising appropriate citing and referencing protocols

Task

You are required to write a mini-literature review (900-1,000 words) using a minimum of 5 different sources. Use an appropriate style of writing and ensure all sources are cited and referenced.

Topic:

Resistance training is a better form of exercise for fat loss than aerobic exercise...discuss!

Submission date: 2pm Thursday 1st Oct. Submit to me at damien.jackson@ul.ie

Assignment 2

Log onto www.ncefbsc.com and hover the mouse pointer over the button for Module SS4057. Click the sub-menu for Desktop Publishing Resources. Watch the following video tutorials:

1. Overview
2. Quick start
3. Creating a page layout
4. Combining text and pictures
5. Design in Pageplus x5
6. Using Text frames
7. Using Picture Frames

There is also a full pdf User manual available in the folder where the software is installed.

Task: Design a one page educational leaflet for a topic of your choice relating to the exercise and health fitness industry using text and at least 3 images. Sample topics could be Osteoporosis, diabetes, blood pressure, stretching, plyometrics, marketing classes etc.

On completion:

1. Save your file using the 'Save as' option under the 'File' menu
2. Publish as a .pdf document using the 'Publish as .pdf' command also under the file menu. Attach the pdf file to an e mail and send to me at damien.jackson@ul.ie to reach me by Thursday 1st Oct 2pm.