Assignment 3

Title: Assessing Independence in the Elderly

Assignment Type: Individual Project

Instructions:
1. **Research Question:**
   - Formulate a hypothesis regarding the relationship between physical activity and cognitive function in the elderly.

2. **Literature Review:**
   - Conduct a comprehensive review of at least 5 academic articles focusing on the impact of physical activity on cognitive function in seniors.

3. **Methodology:**
   - Design a study to assess the effectiveness of a 12-week exercise program on improving cognitive function among elderly participants.

4. **Data Collection:**
   - Develop a battery of tests to measure cognitive function, including tasks such as memory recall, problem-solving, and attention span.

5. **Analysis:**
   - Use statistical software to analyze the data collected from the study.

6. **Conclusion:**
   - Discuss the findings and their implications for elderly care and health promotion programs.

7. **Report:**
   - Write a comprehensive report summarizing the research, methodology, and findings.

Due Date: Week 6, Day 24

Grading Criteria:
- **Research Question (15%):** Adequate formulation of the research question.
- **Literature Review (25%):** Quality and relevance of the selected articles.
- **Methodology (20%):** Feasibility and appropriateness of the study design.
- **Data Collection (20%):** Appropriateness and reliability of the data collection methods.
- **Analysis (15%):** Accuracy and interpretation of the statistical analysis.
- **Conclusion (15%):** Coherence and implications of the findings.

Total (100%)