

ISPE Essay Format

- **MLA Format**
- **Five Paragraphs**
- **Typed, Double-Spaced in Times New Roman Font**
- **Please follow the format listed below**

ISPE Five Paragraph Essay Format

Paragraph One- Introduction (5-7 sentences) - Introduce your semester fitness program in some creative way. Explain the three concepts which you will discuss in the body paragraphs. Write a transitional sentence at the end of this introduction paragraph to lead into the first body paragraph.

Paragraph Two- First Body Paragraph (5-7 sentences) - Explain 2-3 goals that you set for your fitness program. Provide a detailed description for each goal. Write a transitional sentence at the end of this paragraph to lead into the second body paragraph.

Paragraph Three- Second Body Paragraph (5-7 sentences) - Describe the specific activities in your fitness program. Include a detailed description of the exercises, the number of repetitions, the amount of time spend on the exercise, and the emphasis of each exercise on your physical development. Write a transitional sentence at the end of this paragraph to lead into the second body paragraph.

Paragraph Four- Third Body Paragraph (5-7 sentences) - Explain 2-3 benefits of your fitness program. Explain the outcome of your fitness program on achieving your fitness goals. Discuss the challenges of your fitness program. Write a transitional sentence at the end of this program to lead into the conclusion paragraph.

Paragraph Five- Conclusion Paragraph (5-7 sentences) - Summarize your essay by answering this question: How has this ISPE program influenced my perspective on physical fitness? Discuss 2-3 influences, and provide supportive details to clarify your answers.

Please contact Mr. Brose at gbrose@echs.org, if you have any further questions.