***Assessment: (worksheets)***

Name: \_EUGER C. BONETE JR.\_\_\_ Course/Yr./Sec:\_BSIT-1-C Date submitted:3/11/21\_

Please answer the following questions:

1. What determines whether an activity is Aerobic?

(20 points)

Aerobic literally means "relating to, involving, or requiring free oxygen", and refers to the use of [oxygen](http://en.wikipedia.org/wiki/Oxygen) to adequately meet energy demands during exercise via aerobic metabolism.

1. . How important “Warm- up” and “Cooling – down” in a training program? Explain. (20 points)

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1. . How does “Repetitions” takes part as to the overloading principle is being observed? (20 points)

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1. Make your own Training Design that constitute to the principles of Training.

A Four- Week Exercise Training Design (50 points)

|  |  |  |  |
| --- | --- | --- | --- |
| WEEK | ACTIVITY | TIME GOAL | FREQUENCY |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |

***TO DO: (Enrichment)***

Conduct/perform and Document your Own-Made Training Program for the first 2- weeks of training.

This will be justified through pictures while doing the activity/routine.

(With poor connectivity, just print in detailed pictures with captions)