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| Name: Davila, John E. | Subject: PE |
| Section: BSIT – 2D |  |

Basketball

|  |  |
| --- | --- |
| Resting heart rate: 97 bpm | After: 120 bpm |

|  |  |
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| **Waist level dribble** | |
| **Left** | Right |
|  |  |

|  |  |
| --- | --- |
| **Shoulder level dribble** | |
| **Left** | Right |
|  |  |

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| **Shooting 1** |
| **Left hand** |
|  |
| **Right hand** |
|  |

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| **Shooting 2** |
| **Left hand** |
|  |
| **Right hand** |
|  |
| **Shooting 3** |
| **Left hand** |
|  |
| **Right hand** |
|  |