

## ASSESSMENT

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A. Answer the PAR-Q honestly and follow the indicated direction. B. Start memorizing the warm-up sequence do it three times a week for at least 30 minutes. After the 3 sessions, answer the questions below: Minimum of 3 sentences.

1. If you compare your experiences from day one up to the last day of the second week session, what are the significant changed or an effect/s on your body, feelings, and fitness performance?

By performing such activities, you can get a different result from the first session than you would from the others. The first session, which I believe is the hardest because I don't typically exercise unless it's necessary or for academic purposes, causes my body to hurt the following day; the second session, which lessens the pain; and the third session, which helps my body get used to the exercises I've been doing. My body is adjusting to my pattern of performing those workouts as time goes on, and it felt

2. Can you name components of fitness that you think and feel are being developed?

Since my body is not very flexible and the majority of the activities I did needed flexibility, I believe that out of all the fitness-related skills that have improved when I practice those exercises, flexibility has improved the most. A other is fat mass composition since I perspire a lot after exercising up, which I believe helped burn some of my fats.

REFERENCES <http://eparmedx.com/wp-content/uploads/2013/03/January2020PARQPlusFillable.pdf>  
PAR-Q Form <https://www.nerdfitness.com/blog/warm-up/>