

2.3. Answer the following:

a. How do you feel after dancing for 3-5 minutes?

Tired and relieved it was fun to have a reason to dance and be active. Specially if the song you dance with is hip and right.

b. Did the dance routine you have followed made you feel better? Why or Why not?

No, because It made me realize I suck at choreography and coordination. It made me sweaty and gross about my self

3.2How do you feel after doing an exercise dance?

Terrible, my usual pace is slower and I do not prefer long routines that really test my stamina.

3.3. Is it really possible to incorporate any kind of dance into exercise dance?

Depends on the person and their willingness to do so but yes, any motion or activity that results to some degree of working your body suffices.

PRE-TEST	REFLECTION	POST-TEST
1. B	1. What are the reasons why most of the people	1. B
2. B	don't have time for physical activities such as	2. C
3. C	exercise and dancing?	3. C
4. D	<u>Because sometimes they do not have the</u>	4. D
5. C	<u>time/intention or capacity to do so.</u>	5. D
6. A		6. A
7. B	2. At this time of pandemic, how can dancing help to	7. D
8. B	relive stress?	8. B
9. D	As a form of distraction and escapism or	9. D
10.B	disillusionment to your own problems	10.B