

WEIGHT TRAINING FINAL EXAMINATION OPTIONS:

Option 1

1). Please type a one page essay on your favorite three lifts or exercises that you do in class. Make the essay double spaced, 12 size font, and 5 paragraphs.

1st Paragraph: Topic sentence and thesis statement discussing three lifts/ exercises.

2nd Paragraph: Discuss your 1st exercise and why you enjoy it.

3rd Paragraph: Discuss your 2nd exercise and why you enjoy it.

4th Paragraph: Discuss your 3rd exercise and why you enjoy it.

5th Paragraph: Concluding Paragraph restating why you enjoy those exercises and how you think they will help you achieve your fitness goals.

2). You will be required to turn in your final essay during the second to last week of school.

Option2

1). Create a 1-2 minute video on Youtube.com of you executing and explaining proper technique of an exercise and how you think and feel your exercise helps you achieve your fitness goals. Please ensure the video is between 1 and 2 minutes long. You must then send an e-mail to me containing the Youtube.com link.

2). You will be required to send this Youtube.com clip to me via e-mail during the second to last week of school.

If you have any questions about your final examination options, please contact me at your convenience. My e-mail is ssidhu@fcusd.org .

Respectfully,

Coach Sidhu