

Assignment 3

Application of Training Principles

Evaluate your current fitness level based on the class activities you have participated in this term by completing the chart below. Be honest. When ranking 1 is the worst and 10 is the best. Explain your ranking thoroughly.

Fitness Component	Rank From 1-10	Explain your Rank
Cardiovascular Fitness		
Strength & Fitness		
Flexibility		
Your favorite skill based activity		

What are the three principles of training?

1. _____

Examples:

2. _____

Examples:

3. _____

Examples:

