

Personal Assignment Plan for HWS 298

Week	Reading	Assignments	Deadline
1	Ch. 1	<ul style="list-style-type: none"> • PAR-Q • Body Composition Test • Strength Test • Cardiovascular Test • Flexibility Test • Personal fitness plan • <i>Post to group. Respond to other student's posts.</i> 	10/5
2	Ch. 6 Ch. 7	<ul style="list-style-type: none"> • Begin cardiorespiratory record form • <i>Post to group. Respond to other student's posts.</i> 	10/12
3	Ch. 9	<ul style="list-style-type: none"> • Begin daily personalized record form • Log aerobic exercise • <i>Post to group. Respond to other student's posts.</i> 	10/17
4	Ch. 8 Ch. 4	<p style="text-align: center;">EXAM 1</p> <ul style="list-style-type: none"> • Log aerobic exercise • Begin log for muscular and flexibility exercise • Log muscular and flexibility exercise • <i>Post to group. Respond to other student's posts.</i> 	10/24
5	Ch. 2	<ul style="list-style-type: none"> • Activity 2.1 along with critique • Log aerobic exercise • Log muscular and flexibility exercise • <i>Post to group. Respond to other student's posts.</i> 	10/31

6	Ch. 3	<p style="text-align: center;">EXAM 2</p> <ul style="list-style-type: none"> • Activities 3.1-3.3 along with critiques • Log aerobic exercise • Log muscular and flexibility exercise • <i>Post to group. Respond to other student's posts.</i> 	11/7
7	Ch. 5	<ul style="list-style-type: none"> • Nutritional Analysis • Activity 5.3 along with critique • Log aerobic exercise • Log muscular and flexibility exercise • <i>Post to group. Respond to other student's posts.</i> 	11/14
8	Ch. 15	<ul style="list-style-type: none"> • Nutritional Analysis • Activity 15.1 along with critique • Log aerobic exercise • Log muscular and flexibility exercise • <i>Post to group. Respond to other student's posts.</i> 	11/21
9	-	<ul style="list-style-type: none"> • Retest Body composition test, strength test, cardiovascular test, and flexibility test. • Log aerobic exercise • Log muscular and flexibility exercise • <i>Post to group. Respond to other student's posts.</i> 	11/28
10	-	<p style="text-align: center;">EXAM 3</p> <ul style="list-style-type: none"> • <i>Post to group. Respond to other student's posts.</i> 	12/5

*I will present each completed activity from the textbook, along with a critique of the activity, onto the group site.

***EXAM 1** (Ch. 1, 6, 7, 9); **EXAM 2** (Ch. 2, 4, 8); **EXAM 3** (Ch. 3, 5, 15)