

2/9/2020

Assessment 2 –

Weight: 15%

The deadline to submit it on *Turnitin* is on Sunday the 6th of September 2020 at 5PM.

Please go through the syllabus for late submission and plagiarism cases.

Title of Assessment	Marathon Running
Type of Assessment	Report
Description of the Assessment	Students will research all about Marathon Running
General Guidelines	- Start with an introduction on Marathon running: - Your report should cover the below: 1- Discuss 2 physical fitness components that should be improved in Marathon runners 2- Design 2 warm-up exercises for Marathon running 3- Design 2 stretching exercises performed at cool-down by Marathoners 4- Choose 2 exercises performed by Marathoner which improve their performance at races 5- Briefly discuss the diet of a Marathon runner 6- Discuss the relation between motivation and marathon running 7- Name 2 successful Marathon runners?
Originality/Submission	• Your report should be submitted as a PDF File • APA style: Include a cover page, an introduction (no need for abstract), main body, conclusion, and references. Divide the information in paragraphs. • Include pictures and/or explanation to your exercises. • Credit the Sources of Information and Ideas: When citing Internet sources, include the following information: author(s), title of work, Internet address, and date information was published. For the images taken from the internet, add the link at the bottom of the image. • Minimum 250 words, there is no maximum, but it should be covered in less than 1000 words.