

21/9/2020

Final Assessment (FWA)–

Weight: 20%

The deadline to submit it on *Turnitin* is on Sunday the 27th of September 2020 at 5PM.

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

Develop a full body strength session that you can perform at home, during the pandemic, adapted to your own fitness level.

Include:

-6 exercises targeting upper body muscle groups (Shoulders, chest, ABS, Arms, Back)

-3 exercises targeting lower body muscle groups (Legs, Calves)

DOCUMENT WITH THE EXERCISES, EXPLANATIONS AND PICTURES

WHAT MUST YOU INCLUDE:

- What is your fitness level? (beginner/ amateur/ high experience in strength training)
- Assign a **warm-up** at the beginning of the session and stretching exercises at the end to **cool down**.
- **Pay attention to the order of exercises**
- Mention Material or equipment used
- Include pictures and explanations of each exercise (**with your own words**)
- Name of each exercise (if there is, otherwise just explain what to do and how to do it with a proper technic)
- Sets per exercise and repetitions

Instructions:

- Your paper should be submitted as a PDF File
- APA style: Include a cover page.
- *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.