

105 training



**ASSIGN
BUSTER**

05 – Training Principles You will perform the Sit and Reach exercise as described in the lesson and then answer the questions below based on your experiences. Important: ·Answer each question in the document by highlighting or bolding your answers. ·Save the file as 105training. rtf. ·Below the file name is the field for file type. Use the drop down menu to choose 'Rich Text Format'. This will save it with the . rtf file structure required.

·Submit the completed assignment for Assessment 1. 05 Training Principles.

Complete each exercise below:

- Reach to 0 cm mark and hold 10 seconds
- Reach to 8 cm mark and hold 15 seconds
- Reach to 15 cm mark and hold 10 seconds
- Reach to 22. 5 mark and hold 15 seconds

Of the four exercises attempted in the activity I was able to complete

None of the exercises.

- Item A only
- Items A and B
- Items A, B, and C
- All of the exercises

Reaching to 0 cm mark and holding for 10 seconds was:

- Easily done
- Done
- Slightly Difficult
- Very Difficult
- Could not yet reach

Reaching to 8 cm mark and holding 15 seconds was:

- Easily Done
- Done
- Slightly Difficult
- Very Difficult E. Could not yet reach

Reaching to 15 cm mark and holding 10 seconds was:

- Easily Done
- Done
- Slightly Difficult
- Very Difficult
- Could not yet reach

Reaching to 22.5 mark and hold 15 seconds was:

- Easily Done
- Done
- Slightly Difficult
- Very Difficult
- Could not yet reach

Part II: Principle of Overload**How frequently would you need to stretch if the sit & reach was easily done?**

- Very Often – several times a week
- Often – 3 times a week
- Rarely – once a week 2.

Which of the above stretches made you work harder (had the greatest intensity)?

- 1. 0 cm
- 2. 8 cm

3. 15 cm

4. 22. 5 cm