

Make up work assignment for Fit & Well

Session I

Type a 2-3 page paper on the following topic;

“The importance of training in the Target Heart Rate Zone.”

Include the following information; How do you find your “Target Heart Rate Zone”? How long should I keep my HR pulse in the zone? What should I do if my HR pulse is below the zone or above the zone? How long should I warm up and cool down? What stretches should I consider doing before each training session and after each training session?

A cover page with topic title, your name, name of this course, and due date of paper, should be the 1st page, **which is not considered one of the 2 -3 pages.**

Be sure to site your references. List the website address or http of all web sites that you consulted. List any books that you consulted. **The reference page is not considered one of the 2- 3 pages.** The paper should be type written in size 12 font double spaced. You may email me the paper before the due date or print it out and give it to me at the next class meeting.

This assignment is due by; _____ . If it is not completed or if it is not completed correctly, a full grade reduction will occur at the end of the course.

If you have any questions about the assignment, be sure to ask me tonight before we leave class.

Mark Sissom