

Make up work assignment for Fit & Well

Session III

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

“Differences between Endurance, Strength, and Power Strength Training”

Give details about the major and minor differences between the 3 different workout routines, such as sets, repetitions, weight selection, and rest interval. Explain why a young or inexperienced lifter should always start off training in the endurance phase of a strength training program.

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/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