# WORK RIGHT

**CORE 2: FACTORS AFFECTING PERFROMACE:**
HOW DOES TRAINING AFFECT PERFORMANCE?

**FOCUS:**
PRINCIPLES OF TRAINING

WORK RIGHT WEEKLY QUESTION:
Explain the purpose of applying progressive overload in resistance training. **(4 marks)**

Fill in the blanks below straight from the syllabus

| Students learn about: | Students learn to: |
|---|---|
| • | • |
| - | - |

QUESTION'S GLOSSARY TERM : _____ (it's underlined above)

TERM'S DEFINITION: _____

_____

**USING THE SYLLABUS AND THE KEY TERM, WHAT KEY POINTS DO YOU NEED TO ANSWER THE QUESTION?** NB: Remember this is a 4 mark question

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STUDENT ANSWER:

## TEACHER FEEDBACK:

## REFLECTION: WHAT DO YOU NEED TO CORRECT OR INCLUDE TO IMPROVE YOUR RESPONSE?