



WORK RIGHT

CORE 2: FACTORS AFFECTING PERFORMANCE:

HOW DOES TRAINING AFFECT PERFORMANCE?

FOCUS:

PHYSIOLOGICAL ADAPTATIONS IN RESPONSE TO TRAINING

WORK RIGHT WEEKLY QUESTION:

How do the principles of training, physiological adaptations and improved performance interrelate?
(8 marks)

Fill in the blanks below straight from the syllabus

Students learn about:	Students learn to:
<ul style="list-style-type: none">•-	<ul style="list-style-type: none">•-

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 8 mark question

STUDENT ANSWER:

TEACHER FEEDBACK:

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