

Written Assignment: Module 8

Be sure you have read all the assigned material and reviewed the web resources for module before starting the assignment. Students are strongly encouraged to use all supplemental readings, web sites, and learning activities. Once you have completed the assignment, please submit to the designated drop box in Learn@UW.

Please submit your assignment as a Word file. Please set the page to 1 inch margins and use an 11 or 12 pt font (Arial or Times Roman). Be sure to save your assignments with your last name and course number in the file name (e.g. smith_course number).

Select one of the intervention techniques discussed in this module, consider it in relation to an experience you had in physical activity, and describe how it DID or WOULD HAVE improved your performance.

Exercise Psychology Homework

		Points Possible	Points Received	Comments
Requirements	Followed assignment requirements of order, typewritten, few errors	3 pts		
	Identify an intervention technique	1 pt		
	Identify an experience in physical activity	1 pt		
	Describe how the technique DID or WOULD HAVE improved your performance	5 pts		
Total Points		10pts		