Nutrition & Exercise Exploration
25 Points

A. Experiment with something you learned in class. Describe your experience by answering the following questions:
   1. Describe your exercise – include duration & intensity.
   2. What energy system is likely the primary fuel source for your muscles? (Immediate, Anaerobic or Aerobic)?
   3. Before this assignment, what would you usually do before, during or after this exercise? (food, hydration, supplements, other)
   4. What did you try that is new? Describe what you did different before, during or after your exercise. How many days?
   5. What was your experience? What did you notice?
   6. Name 2-3 things you learned from your exploration?
   7. Any surprises? Any additional information?

B. Submit a written analysis answering the questions (above).
   • Assignment is 1-2 pages.
   • Paper must be typed (12-point font, double spaced, 1” margins)
   • Write in outline form using complete sentences.

C. Must bring typed assignment to class on due date (6/10)
   • In small groups with classmates, you will share your experience. (10 points)
   • Turn in assignment at the end of class discussion (15 points)