**KIN 100 Podcast Reviews Assignment:**

**Directions:**

1. **Listen to a Podcast of your choice** related to KINESIOLOGY on iTunes or Stitcher.

a. **Type up a full page on your review** of the podcast episode and what you took from it.

1. **Complete 5 Reviews by May 28**. Turn in all 5 reviews on Thursday, May 28 (Final Review due that day too).
2. **Extra Credit:** Subscribe, Rate, and Review “The Developing Athlete Podcast” (1st episode aired on March 12).
	1. If you cannot find it, search “Leslie Trujillo” in the podcast search
	2. Do not put that you are doing it for extra credit
	3. Take a screen shot of your rate and review and show me for extra credit.
3. **Suggested Podcasts** (but you can use any one related to Kinesiology):
	1. The Developing Athlete
	2. Convos with Coaches
	3. Maestro on the Mic
	4. The Todd Durkin Impact Show
	5. Trained, a podcast by Nike
	6. The Sports Performance Podcast
	7. The Model Health Show
	8. The Lion’s Mane Podcast
	9. Strength and Conditioning Journal Podcast
	10. Sports Motivation Podcast- I’m Not You
	11. Real Pod with Victoria Garrick
	12. Sports Like a Boss with Holly McPeak and Anne Marie Anderson
	13. Perry Nickelston- Stop Chasing Pain
	14. NSCA Coaching Podcast
	15. Muscle Expert Podcast
	16. Joe DeFranco’s Industrial Strength Show
	17. Finding Mastery- Conversations with Michael Gervais
	18. Elite Baseball Development Podcast with Eric Cressey
	19. Ben Greenfield Fitness
	20. Building Championship Mindsets
	21. Be Legendary- A Sorinex Podcast
	22. Barbell Shrugged
	23. Kobe Bryant Interviews
	24. Kyle Kingsbury Podcast
	25. On Purpose with Jay Shetty
	26. Jon Gordon Podcast