

KIN 100 Quiz # 1- What's your Physical Activity Background:

Directions:

1. Listen to Leslie Trujillo's Podcast Story on iTunes or Stitcher: PODCAST- Convos with Coaches. Episode #3 (19) aired on March 7,2018
 - a. Type up a paragraph on your review of the podcast episode and a couple of things you got from it.
 - b. Type up a paragraph on what advice you would give your younger high school self.
 - c. Create a chart or type up a paragraph about your physical activity timeline/biography from your earliest memory.
 - d. Type a paragraph about your best physical activity experience.
 - e. Type a paragraph about your worst physical activity experience.
 - f. Type up a paragraph on the importance of physical activity experience in one's life.