Fitness Assessment Reflection
Due Electronically
Submit to: jeadams@kean.edu
Subject Line: PED 4605 Reflection

Should include:
1. Positives
2. Negatives
3. What could have gone better?
4. How will you improve for next time.

Points to address:
1. Preparation
2. Handouts
3. Set-Up
4. Participant motivation
5. Facility selection
6. Test selection
7. Collection of scores
8. Teaching points

**This is an individual assignment**