

Workout Playlist Assignment:

Students will create a workout play list.

Ten song minimum, ideally the playlist would last for an hour long workout.

Students will provide a two to three sentence rational for why the song choice was made, what type of workout the song is for, or give a reason that this song provides motivation for the student.

Students can burn the playlist to a CD or email the music file for extra credit.

Ex.

1. Song Name, Artist. - Why this song was chosen, what kind of workout/why it motivates you.

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