

# Introduction to Kinesiology- Non-Dominate Activity Assignment

Log 1- September 10- September 20, 2020

Student Name: \_\_\_\_\_

**Instructions:** From the daily activities below, **1. Select a minimum of two (2) activities**, practice for 10 days using the non-dominate hand, foot or part of the body to execute the movement. **2. Write your legal name** each day with your non-dominate hand. If you forget to practice, write that in the observation's notes.

**Examples;** using your non-dominate hand: Brushing teeth, shaving, eating, putting on make-up, opening doors, using your cell phone, changing clothes, sports skills -non-dominate hand or foot.

***Non-dominate activity***

***Observation notes-***

|       |  |
|-------|--|
| Day 1 |  |
| Day 2 |  |
| Day 3 |  |
| Day 4 |  |

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|                                                                                                                                                                                    |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Day 5                                                                                                                                                                              |  |
| Day 6 Non-dominate activity                                                                                                                                                        |  |
| Day 7                                                                                                                                                                              |  |
| Day 8                                                                                                                                                                              |  |
| Day 9                                                                                                                                                                              |  |
| Day 10                                                                                                                                                                             |  |
|                                                                                                                                                                                    |  |
| 1. Type a brief summary of your experience of ten days of using your non-dominate muscles or part of the body. Modify this Log if necessary. Make sure to keep the log at 10 days. |  |