

# Training Data Sheet

Date	Investigator(s)	Subject	Perceived exertion before run	Perceived exertion after run

**Balance Training:** Each exercise will be done once, according to Wii instructions. Wii *Basic Run* should be done by subject to warm up *if training is done before class*. Ask subject for their perceived level of exertion before and after *Basic Run*. Record subject's perceived exertion level on a scale of 1-10 (10=most tired). Exertion level should be around five before training.. **DO NOT ALLOW THE SUBJECT TO FALL!**

## 1. Soccer.

Follow Wii Instructions.

Trial 1	
Trial 2	
Trial 3	
Average	

## 2. Ski Jump–Two jumps each trial

Follow Wii Instructions.

Trial 1	
Trial 2	
Trial 3	
Average	

## 3. Table Tilt

Follow Wii Instructions.

Trial 1	
Trial 2	
Trial 3	
Average	