

## Feed back on Wilson

- 1 Overall a good presentation! The topic was well researched and approachable (ie easily understood/directed to multiple audiences). There seemed to be some difficulty at the beginning - the presentation was not as fluid- however that improved with time. Be careful not to read everything directly as it was written on the slide (this happened just a couple times). The summary slide was a great way to tie up your points and the bibliography slide with your sources was also good. Was there any specific research studies that were cited?
2. She spoke very clearly, and was easy to understand. The subject matter was definitely more simple than some of the other presentations, but she did a good job expanding on a subject that is talked about by the general public, but not really well understood by everyone. She introduced a number of technical terms I had not previously heard, but explained them in a way very easy to understand. One improvement that could be made is a better guideline about what "over training" exactly is, how to make sure you are not doing it. Presentation was a nice length and overall enjoyable.
3. Nice talk and well paced for following what you were talking about. I learned more about exercise and muscle and reasons not to over due it. The slides came out well. The two presentations where you presented yourself and then the other with the power point worked out fine. This is a good way to make presentations that can be used over again for other activities if one does not want to have the intro with a face shot in the same part as the power point.