Using exercise physiology terminology and principles from the past weeks, explain the acute responses and chronic adaptations that would be expected from completing 8 weeks of exercise. Compile the data you have colleceted throughout the semester in your weekly Capstone journals using the attached Excel file. Using the prompts below, write a summary paper describing your results. Remember, the critical assignment must be passed at an acceptable rate (>70%) in order to pass the course. The Capstone journals from previous weeks are CAPS 1-7. I will providing all of them. I want to point out a small thing on the datasheet that I’ll be providing. There are a couple of sections that have spaces for the mile runs. In some of the CAPS that I will be providing some of the information for the mile runs aren’t there. The professor gave us the option not to do them because of the virus. So, I ended up not doing the remaining information for them. You can just fill the those sections with the information that is provided. 1. Neuromuscular responses and adaptations • List the responses and adaptations that theoretically should have occured. • List the responses and adaptations that actually occured. • Identify and explain the aspects of your specific data that showed these adapatations. • If your data did not show the adaptations, explain why not. 2. Endocrine responses and adaptations • List the responses and adaptations that theoretically should have occured. • Explain how you would be able to determine if these adaptaions actually occured. 3. Cardiorespiratory responses and adaptations • List the responses and adaptations that theoretically should have occured. • List the responses and adaptations that actually occured. • Identify and explain the aspects of your specific data that showed these adapatations. • If your data did not show the adaptations, explain why not. 4. Fitness assessment and exercise prescription • Explain how your ratings/classifications changed over the course of 8 weeks. • Based on these ratings, describe your fitness level and what is needed to improve your fitness or lower your risk of disease. This is the book we use: Kenney, W.L., Wilmore, J.H., Costill, D.L. (2020). Physiology of sport and exercise (7th ed.). Champaign, IL: Human Kinetics. I found a free online version of the book online. It’s a couple versions ealier: https://www.academia.edu/36989983/W.\_Larry\_Kenney\_Jack\_Wilmore\_David\_Costill-Physiology\_of\_Sport\_and\_Exercis