

**EFFECTS OF REPOSE IN THE PERFORMANCE OF ATHLETICS VARSITY
OF CAVITE STATE UNIVERSITY S.Y. 2017-2018**

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ABSTRACT

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The study was conducted to **determine** the effects of repose to the performance of athletics varsity of Cavite State University campuses S.Y. 2017 - 2018. The respondents were 19 athletics varsity of the said school.

There were 10 males and 9 females, with age ranging from 18 to 23 years old, and are members of varsity athletics team **specifically**, running, jumping and throwing.

Athletes usually take repose **before** the game because they feel sleepy. As a result, most of the participants won. Repose **affects** the energy and condition of the athletics varsity.

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