



Personal Fitness

Learning Objectives

Identify if

current and target appropriate exercise levels and characteristics in your fitness activities (frequency, time, type) for all life activities and demonstrate the long term and short term effects of exercise

Identify reading the associated components from each situation:

Identify the components:

if you are health screening, developing and applying your health assessment techniques using the appropriate

components the effectiveness of specific exercise and health assessment

Identify the components that include the following: frequency, intensity, duration, and volume of exercise

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Identify the effectiveness of exercise in the long term and short term

Identify:

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Personal Fitness Study Guide

Yijin Wang



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