



## Personal Fitness

### Learning Objectives

#### **Week 1-12**

Identify and apply appropriate warm-up and stretching to your fitness activities throughout. Demonstrate the correct technique and demonstrate the proper form and technique for each exercise.

Identify and apply the correct technique for each exercise.

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# Personal Fitness Study Guide

**Hussin A.Rothana**



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diagrams created to represent attributes as well as entities and relationships may be called entity attribute relationship diagrams rather than entity relationship models an er model is typically implemented as a database in a simple relational database implementation each row of a table represents one instance of an entity type and each

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an entity relationship diagram shows a simple database for the business order process the entity relationship diagram shown in the above image contains six entities supplier customer order item product and shipment there are five kinds of relationship such as supplied by requested on used in included on and sent by

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jul 19 2021 to capture an intuitive picture of a system er diagrams use a set of symbols such as triangles rectangles diamonds ovals and lines that display the relationships between entities a typical entity diagram mirrors grammatical structure entities are expressed as nouns and relationships are portrayed as verbs

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