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muscle groups to work:

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physical activity that is
planned, structured,

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and repetitive. It results in improvements in fitness.

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such as arm or back muscles. exercise. physical activity that is planned, structured, and repetitive. It results in improvements in fitness.

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necessary equipment (i.e., roller blades, fitness tapes) if you choose other forms of fitness besides walking or jogging.

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participation in weekly cardiovascular, aerobic, and muscle toning activities. The course promotes a keen understanding of the value of physical fitness and aims to motivate students to participate in physical activities throughout their lives.

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(One-Half Credit). (a)

General requirements.

This course is the

recommende d

prerequisite for all

other physical

education courses. (b)

Introduction. (1) In

Physical Education,

students acquire the

knowledge and skills

for movement that

provide the foundation

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only 7 weeks. The
basic purpose of this
course is to motivate
students to strive for

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Chapter 1, Terms to

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know. Physical activity

– any movement that works the larger muscles of the body, such as arm, leg and back muscles. Exercise – physical activity that is planned, structured, and repetitive, and that results in improvements in fitness.

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