

Concepts Of Fitness And Wellness 10th Edition

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Concepts of Fitness and Wellness Scott Flynn, Jonathan Howard, Lisa Jellum, Althea Moser

Table of Contents 1. Healthy Behaviors 2. Fitness Principles 3. Cardiorespiratory Fitness 4.

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CONCEPT OF FITNESS AND WELLNESS Welcome to the Physical Education 1 Fitness and Wellness. The first module of this course will highlight about the concepts of fitness and wellness. As a college student, it is important for you to learn its basic concepts for it will guide you to perform well in all the physical activities that you will take in this course.

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This open textbook for Concepts of Fitness and Wellness at Georgia Highlands College was created through a Round Seven ALG Textbook Transformation Grant. Topics covered include: Healthy Behaviors; Fitness Principles; Cardiorespiratory Fitness; Muscular Fitness; Flexibility; Body Composition; Nutrition; Weight Management; Stress; Cardiovascular Disease; Cancer

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