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potential of their majors through the explanation of the origins of different careers and the skills necessary to perform them.

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as individuals and in groups or teams, through a wide range of learning activities. 2. PE is offered as an elective examination subject at senior secondary education level.

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In order for physical fitness to benefit the health of an individual, an unknown response in the person called a stimulus will be triggered by the exertion. When exercise is performed with the correct amount of intensity, duration and frequency, a

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significant amount of And Sport
improvement can occur.
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function of tissues (e.g., muscle,
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lungs), and systems (e.g., cardiovascular). Exercise physiology extends this to evaluate the effect of a single bout of exercise (acute exercise) and repeated bouts of exercise (i.e., training programs) on these tissues, organs, and systems.

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She is the author of seven books including Introduction to Physical Education, Exercise Science and Sport Studies, fifth edition, and

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has written numerous refereed sport articles and made over 100 professional presentations. Show More. Table of Contents.

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history and trends in physical
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Physical exercise is important for
maintaining physical fitness and
can contribute to maintaining a

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