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Katherine Petray**

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Five components of health related fitness

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Elementary, health- related physical activities

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Pe 1002 concepts of health-related fitness

Department of Health, Physical Education, and Recreation. Instructor: Eric Redman MS, ATC, LAT. PE 1002 Concepts of Health-Related Fitness

Health and fitness education assessments

An understanding of good health and fitness concepts and practices describe disease prevention strategies related to spread of (physical, emotional, social)

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