

PHYSICAL EDUCATION 1

Movement Enhancement



DR. DROLLY P. CLARAVALL

PHYSICAL EDUCATION 1
MOVEMENT ENHANCEMENT

COLLEGE TEXTBOOK

DR. DROLLY P. CLARAVALL

**PHYSICAL EDUCATION 1
MOVEMENT ENHANCEMENT
A COLLEGE TEXTBOOK**

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PREFACE

This book is prepared in accordance with the **COLLEGE P.E.1 –MOVEMENT ENHANCEMENT**.

The book contains various exercises that the learners can perform based on their fitness goal that the student can perform their ability and capabilities true varied physical activities.

This book is divided into five chapters. Concentrate on the human body movement, including the importance of Physical Fitness. Knowing your body movements to provide training in different movement patterns and core engagement in conjunction with principles of healthy eating and a physically active.

Students will be able to adapt and transfer the movement competency in different contexts like using any training equipment, also discussed in this chapter, on the theory and the description of physical fitness and the related components, through movement enhancement activities the student acquired basic knowledge and understanding of body movements, skills and related activity.

Aim to develop the exercises accompanied with the music and actual training exercise with different body movement in practical activities, **SO THAT THE STUDENT WILL LEARN THE FUNDAMENTAL KNOWLEDGE.**

Hoping that this text book will help the **STUDENTS BECOME PHYSICALLY, MENTALLY, SOCIALLY, EMOTIONALLY AND SPIRITUALLY DEVELOPED THROUGH VARIOUS ACTIVITIES WITH GOOD POSTURE AND PROPER MOVEMENTS IN ALL ACTIONS.** This is where **THIS BOOK** needed in all physical activities.

The Author

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