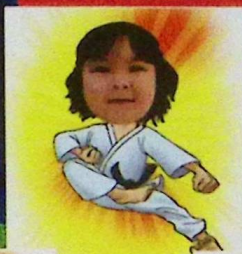


PHYSICAL EDUCATION 1

Movement Enhancement
COLLEGE TEXTBOOK



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REVISED EDITION

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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 students 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 being 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 are the theory and the description of physical fitness and the related components; through movement enhancement activities the students can acquire basic knowledge and understanding of body movements, skills and related activity.

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

Hoping that this textbook 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 BOOK** is needed in all physical activities.

The Authors

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Chapter I

PHYSICAL EDUCATION

Learning Outcomes:

At the end of the chapter, the learners will be able to:

- Analyze fitness as the major goal of physical education;
- Define and interpret the meaning of physical and its relevance to wellness development as well as to their course;
- Provide students with fundamental knowledge of good posture and movement in all action, where it is needed;
- Develop coordination, flexibility and power after indulging into its varied physical activities;
- Recognize the importance of healthy living;
- Demonstrate body conditioning exercises;
- Conditioning exercises for physical fitness test;
- Demonstrate the components of physical fitness;
- Recognize the safety measures for physical conditioning;
- Get used to warm-up exercises;
- Prepare for testing activities; and
- Do conditioning or developmental activities.