

# PHYSICAL EDUCATION 2

## Fitness Exercises



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MARILOU C. MONDINA

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**COLLEGE TEXTBOOK**

**DR. MICHELLE D. PUNZALAN**  
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### **A COLLEGE TEXTBOOK**

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# PREFACE

This book is prepared in accordance with the **COLLEGE P.E. 2 FITNESS EXERCISES**.

This book ensures that:

The guidelines for both physical education and health are addressed in the required content.

Those teaching physical education have a teaching endorsement that qualifies them to teach physical education, and those teaching health education have a teaching endorsement that qualifies them to teach health.

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.

Physical activity participation to achieve and maintain health-enhancing levels of fitness.

This book is divided into 7 chapters.

Competence in movement and motor skills requisite to various physical activity performances.

Valuing physical activities for enjoyment.

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 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 physical activities the student acquired basic knowledge and understanding of body movements, skills and physical fitness test related activity.

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