

COLLEGE TEXTBOOK

A collage featuring a caricature of a man in a suit holding a chess piece, a photo of a young girl in a red dress, and a tennis racket, all set against a blue background.



PHYSICAL EDUCATION 3
FITNESS DANCE &
INDIVIDUAL/DUAL SPORTS
COLLEGE TEXTBOOK

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PE 3

FITNESS DANCE & INDIVIDUAL/DUAL SPORTS

A College Textbook

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PREFACE

This book is prepared in accordance with the **PHYSICAL EDUCATION 3 – FITNESS DANCE & INDIVIDUAL/ DUAL SPORTS**.

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 dance sports and individual /dual sports activities.

This book is divided into six chapters. It concentrates on the fitness dance, including individual dual sports and the importance of fitness activity.

A physical educated person who participates in health-enhancing physical activity:

- demonstrates competence in selected motor skills,
- assesses, achieves, and maintains physical fitness.
- applies cognitive concepts in making healthy lifestyle
- exhibits appropriate personal/ social character traits while participating in physical activity.

The curriculum emphasizes the body movements. It focuses on developing the learner's understanding of how the body responds, adjusts and adapts to physical activities.

Knowing your body movements to provide training in different dance movement patterns and fitness exercises with principles of healthy eating and a physically active and also includes the cognitive skills of critical thinking, the social or interpersonal skills of communication, leadership and skills, management skills of self-monitoring and self-direction, as well as task or related activities.

Students will be able to understand the significance of fitness dance to an individual's physical fitness and related components, through movement enhancement activities the student required basic knowledge and understanding of body movements, skills and related activity.

This aims to develop the different components of dance for fitness and value the health benefits of fitness dance.

Hoping that this text book will help the student's how to be physically fit, mental, social, emotional and spiritual development through various activities with good posture and movements in all action, this where it is needed in all physical activities.

The Authors

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DEDICATION

To the authors' family... this book is heartily dedicated to God be the glory.....

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