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Prevention, Special

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about your own physical

state. Physical Fitness is:

o Being able to carry out

daily tasks without

physical fatigue. o Being

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able to enjoy leisure time activities. Fitness Risk Factors:

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Study Guide Week One.

STUDY GUIDE:

MODULE 1 As you read this week ' s textbook reading assignments, take notes in response to these questions and statements. This study guide will help you to prepare for your quiz. Fee and Stuart. 1. Know: Hermeneutics is the art and science, or as

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some would say the
theory and practice, of
interpretation.

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