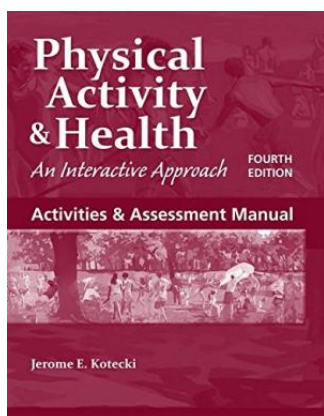


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ACTIVITIES ASSESSMENT MANUAL TO ACCOMPANY PHYSICAL ACTIVITY HEALTH



Jones and Bartlett Publishers, Inc, United States, 2013. Paperback. Book Condition: New. 4th Revised edition. 272 x 216 mm. Language: English . Brand New Book. The Student Workbook to accompany Physical Activity and Health: An Interactive Approach, Fourth Edition contains exercises and activities focused on the benefits of being physically active and achieving lifelong, personal health. New and updated activities in this workbook include: Lifestyle Behavior Readiness Assessment Cardiorespiratory Exercise Readiness and Goal Setting Cardiorespiratory Endurance Training Log Resistance Exercises...

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- Authored by Jerome E. Kotecki
- Released at 2013



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