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## Principles Of Fitness

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CYQ Level 2 Principles of Exercise 1. Central YMCA Qualifications (CYQ) Principles of Exercise, Fitness and Health 2. By the end of this unit you will be able to: •Understand the relationship between health and physical activity •Describe the aspects of total fitness •Name the five components of physical fitness •Explain the factors that affect health, physical fitness and training ...

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