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leaders in the field, offer  
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the concepts of public  
health and kinesiology,  
the techniques used to  
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activity, and the health  
effects of exercise and

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and social, and  
environmental and  
policy—with examples of  
successful programs to  
help readers understand  
applications in public  
health.

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The Foundation degree  
in Health, Physical,

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Health, Second Edition,  
describes the impact of  
sedentary behavior and  
physical activity on

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health, including cardiorespiratory and metabolic diseases, weight status, musculoskeletal disorders, cancers, and brain health.

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physiological. lower resting heart rate. greater stroke volume.

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increased  $\text{VO}_2$  max.  
biomechanical.  
improved economy.  
increased motor skill  
and confidence to  
engage further in  
physical activity and  
exercise. improved  
proprioception, which  
helps coordination  
system response and  
balance.

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*Activity and Public  
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The U.S. Department of  
Health and Human

Services' physical

activity guidelines for

Americans suggest that

adults over age 18 years

do 150 min/week of

moderate-intensity or 75

min/week of vigorous-

intensity aerobic

physical activity, or an

equivalent combination

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of the two. In addition, the guidelines suggest that adults also do muscle-strengthening activities that involve all major muscle groups 2 or more days/week.

*4. Foundations of Care:  
Education, Nutrition,  
Physical ...*

Foundation on Physical  
Education. 1.

IMPORTANCE OF

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HISTORY. 2.  
FOUNDATIONS OF  
PHYSICAL  
EDUCATION AMONG  
PRIMITIVE PEOPLE  
PRIMITIVE MAN  
MOVED IN ORDER  
TO SATISFY A FELT  
NEED OR A  
NECESSITY. THE  
PHYSICAL  
ACTIVITIES OF  
PRIMITIVE MAN  
WERE NOT  
ORGANIZED. HIS

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MOTIVES FOR  
PHYSICAL  
ACTIVITIES WERE  
MAINLY TO SEARCH  
FOR FOODS AND TO  
PROTECT HIMSELF.  
FOR PEOPLE WHOSE  
LANGUAGE WAS  
LESS ADEQUATE,  
DANCE WAS A  
MEAN OF  
EXPRESSION,  
PARTICULARLY IN A  
CERTAIN TRIBAL

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All applications are  
considered individually.  
Students must be able to  
demonstrate a  
commitment to either  
the physical activity,  
health and exercise and  
fitness sector. ...

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Science in Physical  
Activity, Health and  
Exercise. Awarding  
Body. Validated by the  
Leeds Trinity  
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Course Code.

*Sport: Physical Activity,  
Health and Exercise  
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BSc (Hons) Physical  
Activity, Health &

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determinants of health  
& health inequalities in  
the North West,  
particularly issues  
around sedentary  
behaviours and poor  
food choices.

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Health and Wellbeing  
foundation entry ...*

Daily physical activity  
For adults, physical  
activity can include

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recreational or leisure-time physical activity, transportation (e.g. walking or cycling), occupational activity (i.e. work), household chores, play, games, sports, or planned exercise in the context of daily, family, and community activities.



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