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Chapter 3. Energy

Cost. Agility.

Coordination. Balance.

Is the amount of  
energy needed to

perform different  
physical a.... The

ability to change and  
control the direction

and position o.... The  
ability to use the

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senses to determine  
and direct the move...

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Chapter 12: Consumer  
Issu. Chapter 1:

Looking Good/Feeling  
Good. Chapter 2:

Components of Fitness.

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Chapter 7. Basics of  
Cardiorespiratory  
Endurance. Lesson 1.  
Aerobic activity - is  
continuous activity that

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requires large amounts of oxygen. (The word aerobic means “with oxygen.”) Aerobic activities strengthen the heart and lungs and they make your working muscles work more efficiently at using oxygen.

### **Foundations of Personal Fitness**

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4. Chapter 3 6. Chapter  
4 8. Chapter 5 10.  
Chapter 6 12. Chapter  
7 14. Chapter 8 16.  
Chapter 9 18. Chapter  
1. Question Number  
Answer Level 1 Head  
Reference for Answer  
Difficulty 1 C. What is  
an Information  
System?

## **Answers to Chapters 1,2,3,4,5,6,7,8,9 -**

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**End of Chapter ...**

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Scout's Name: \_\_\_\_\_

\_\_\_\_\_ c b. Have a  
dental examination.

Get a statement saying  
that your teeth have

been checked and

cared for. Tell how to

care for your teeth. 2.

Explain to your merit

badge counselor

verbally or in writing

what personal fitness

means to you,

including: a.

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## Personal Fitness - U.S. Scouting Service Project

The topic of nutrition is somewhat of a slippery slope in the fitness world. The greatest challenge is not always a lack of knowledge on the personal trainer's side, but rather a lack of consistent regulation in nutrition laws and practices from state to state.

### **Nutrition Scope of**

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## Personal Fitness Chapter Answers **Practice - Certified Personal Trainer**

2 answers Cat gut is the name applied to cord of great toughness and tenacity prepared from the intestines of the sheep or goat, or occasionally from those of the hog, horse, mule, pig, and donkey.

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our club community.

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expect at our reopened  
clubs, and how you can  
do your part. Learn

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fitness classes in our  
clubs, in order to be  
extra cautious as we  
reopen. Expect a few  
classes each day with  
limited sizes, placed...

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I have been a professional personal trainer for over 15

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years, and I opened FitMotion personal training in Temecula in 2005. I take your fitness goals seriously, and I understand that losing weight, gaining strength and improving your fitness can be challenging.

### **private personal training | FitMotion Personal Training**

Cons. I didn't like how we had to try to sell personal training. If

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you aren't a fitness guru, don't work here. If you don't follow the process your manager gives you when you help out a potential member, you have to role play until you get it 100% right.

## **24 Hour Fitness** **"personal training"** **Reviews | Glassdoor**

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