

Personal Fitness Study Guide

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Exercise Sciences (A&P, Biomech, Kines) 15% Assessment, Safety and Prevention, Special Populations, Emergency Care 18% Business 20% Program Design 16% Exercise Applications and Instruction 10% Exercise Psychology 11% Nutrition 10% 100% The PFT exam is multiple choice and there will be 125 questions.

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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 some would say the theory and practice, of interpretation.

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