

Fitness For Life Chapter 6 Review Answers

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The six components of skill-related fitness are coordination, balance, agility, power, speed, and reaction time. These components are important for good athletic performance in sports such as basketball, soccer, and football. Why is physical fitness important for all ages? 1.

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4.1- Physical Fitness and Your Health Don' t Over Train- By training to much, you may face long term effects on your body. You should have rests between exercises in order to prevent serious injuries and to be able to continue. Avoid Overuse Injuries- Repetitive exercise causes

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