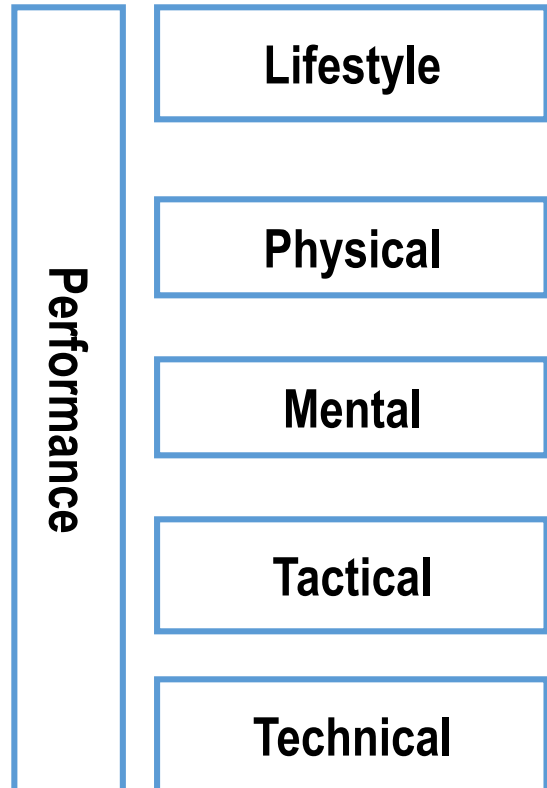


INTRODUCTION & FITNESS CONCEPTS

FITNESS & ATHLETIC CONDITIONING

INTERNATIONAL ACADEMY OF SPORTS SCIENCE AND TECHNOLOGY

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What is Physical Fitness?

The ability to carry out daily tasks with plenty of energy left over to meet unexpected demands.

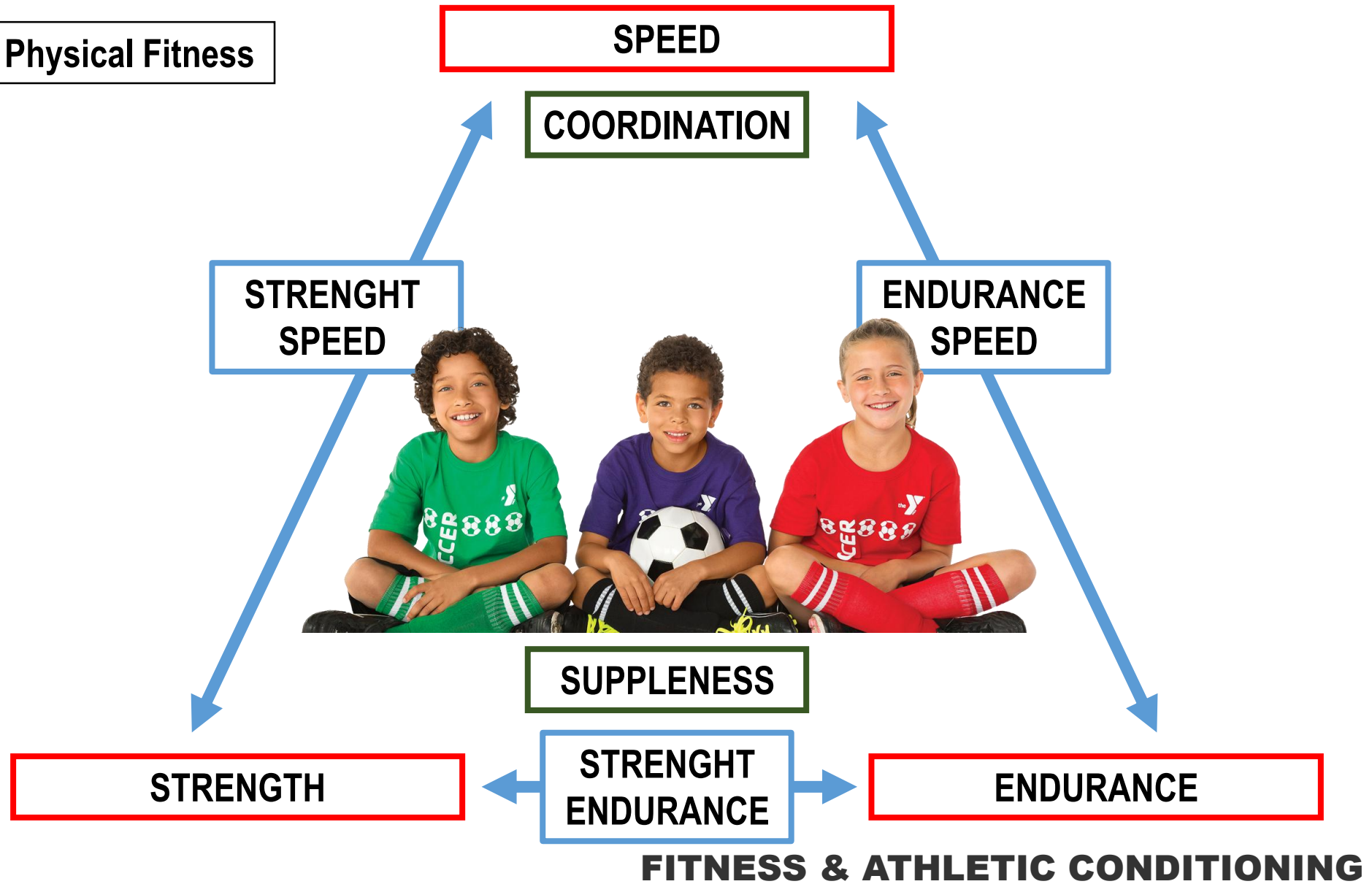
The more physically fit a person is – the greater is their energy reserve.

The ability of the heart, blood vessels, lungs, and muscles to work together to meet the body's needs

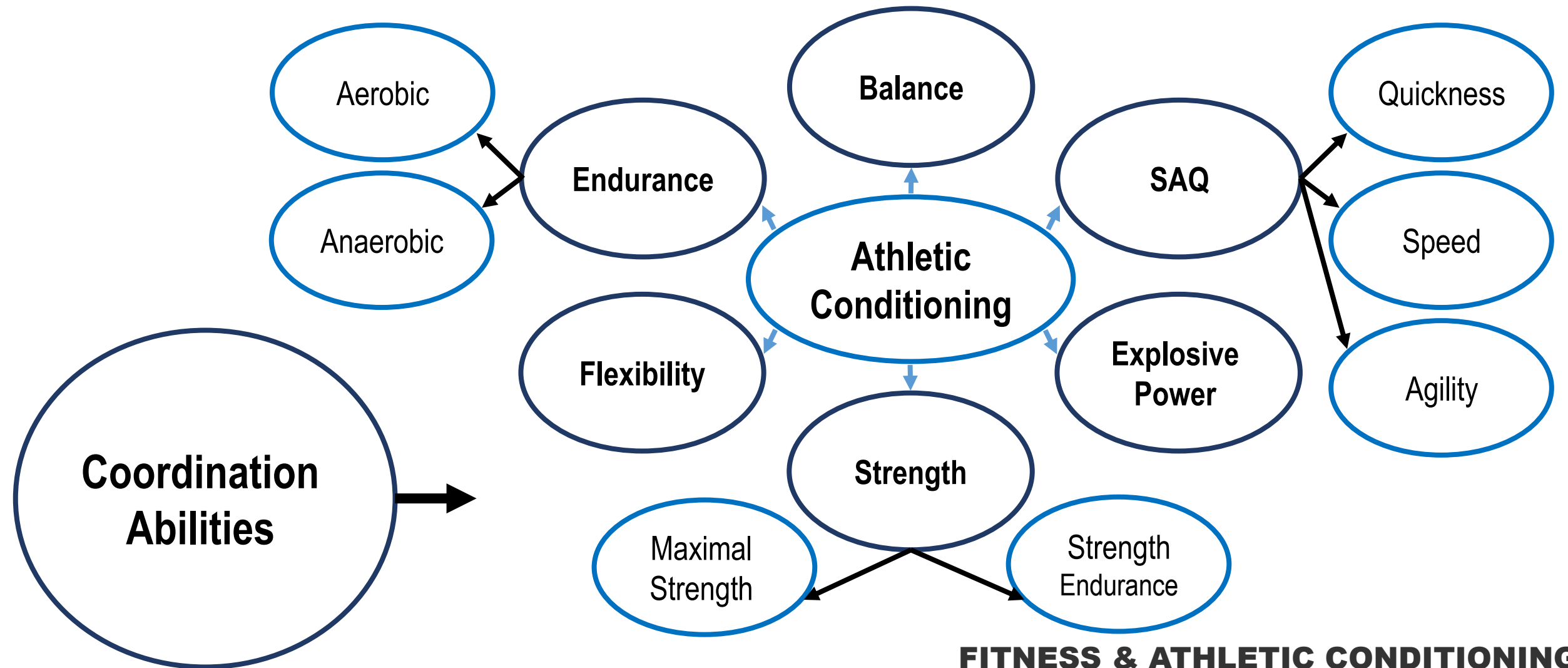
Stimulating your muscles, bones, heart, lungs, and blood vessels with regular exercise helps you gain and maintain fitness.



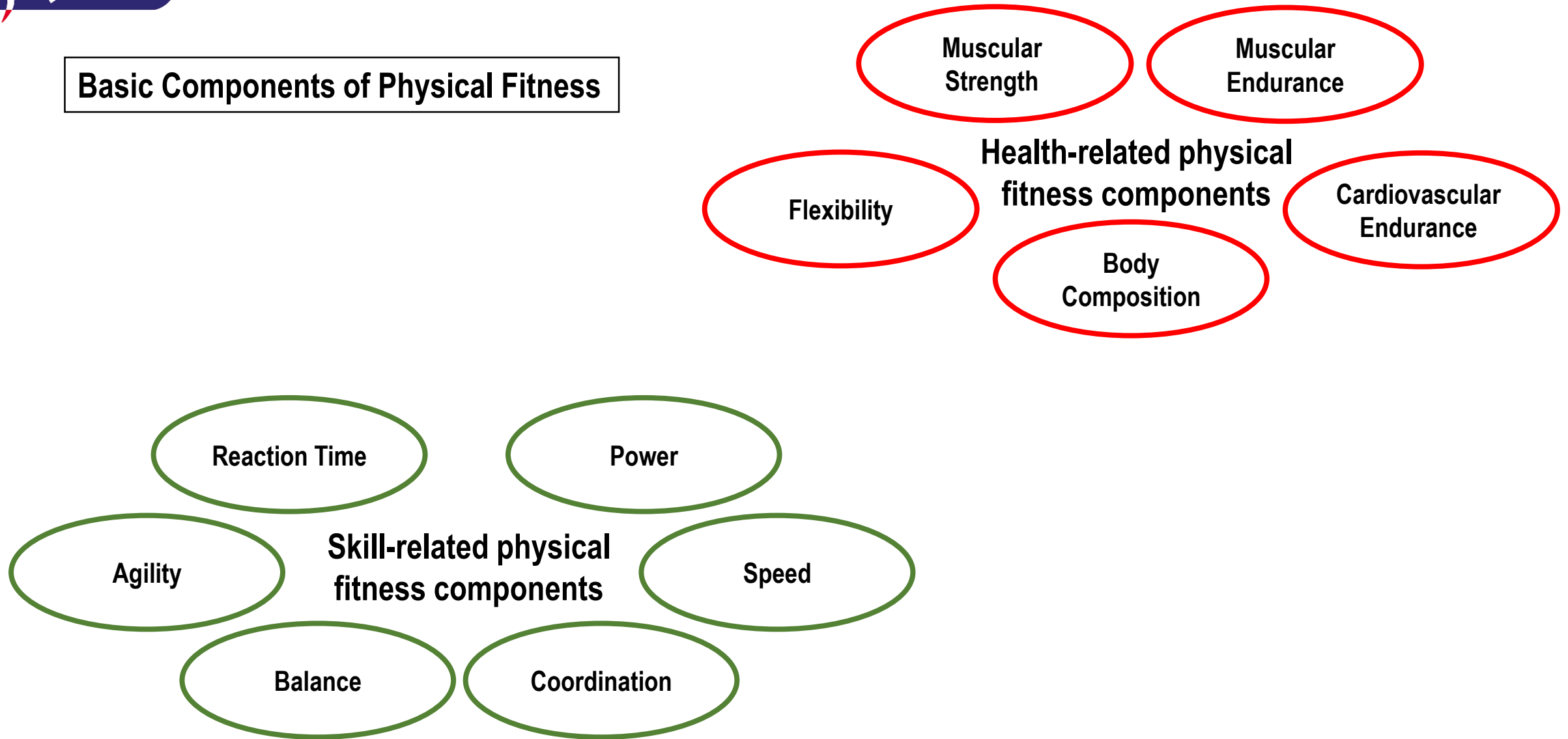
Basic Components of Physical Fitness



Basic Components of Physical Fitness



Basic Components of Physical Fitness



Thank You