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what is physical fitness? ... she also may not rate the same in all parts of skill-related physical fitness. though most sports ... fitness for life 6th edition ...

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an athlete is considered to be someone who is proficient with any form of physical exercise or in sports. ... fitness is important for athletes. ... fitness by ...

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section 1 lifestyles for health, fitness, and wellness good wellness wellness wellness ...

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key words: physical fitness, male taekwondo athletes, national team introduction understanding the anthropometric and physiological characteristics in every field is