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Btec First In Sport Revision

Unit 1: Fitness for Sport and Exercise Revision Guide **BTEC First Award in Sport Revision Guide: Unit 1** Page 4 of 60 **Muscular Endurance** What is it? The capability of muscles to undergo a number of contractions over a long period of time against a resistance. It is needed for sports that last a long time, such as long-distance

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Revision Guide for BTEC First in Sport (Award 2018)

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Unit 1 Fitness for Sport and Exercise - Unit 1 - MtGillPE.com

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Ideal for classroom or independent study, this **Revision Guide** is the smart choice for students studying for the externally assessed units of the new **BTEC Firsts in Sport** from 2012 and 2013. Author: Adam Gledhill. Publisher: BTEC First Sport. ISBN: 1446906701. Category: Physical education and training. Page: 96. View: 320. **Download ?**

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Yate Academy - BTEC Sport Revision

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