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| **Component of Fitness** | **Test** | **Definition** | **Sporting Example** |
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Week 1 - Component of Fitness Definition Recap – Using the Week 1 workbook, complete the table below with the component of fitness, the test for the component of fitness, the definition of that components of fitness and the best sporting example for that activity. Remember that body composition you don’t need to know the test which is why that box is blocked out.