

Serial

[KHE206] Which of this is an example of gross skill  
Shot put

[KHE206] The class of sports skill that is concerned with the effects of the environment on skills is  
The Open and Closed Continuum

[KHE206] Which of these is not a classification of sports skill movement  
The Shear and Shell Continuum

[KHE206] Which of these is NOT a technique in sports  
Watch

[KHE206] Skills are often performed with  
Minimum effort

[KHE206] Any physical activity that is performed for the purpose of improving, maintaining, or expressing a particular type(s) of physical fitness is called  
The External and Internal Paced Continuum

[KHE206] A group of discrete skills strung together to make a new and complex movement is called  
Exercise

[KHE206] Sports skills are motor skills that are affected by  
Three

[KHE206] Which of these is NOT a type of movement that the body can perform  
Sleeping

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