

apart
decrease

[KHE211] is an academic sub-discipline of sports science that provides for the planning, learning and teaching of physical education and sports in schools
Sports Pedagogy

[KHE211] The teaching skills teachers use to impart the specialized knowledge of their subject areas is?
Pedagogy

[KHE211] what is a contest or game in which an individual partakes in certain physical activities according to a specific set of rules and compete against each other.
Sport

[KHE211] when the body is not exposed to regular training, and the fitness level of the individual returns slowly to its original level, it is called?
Reversibility principle

[KHE211] The modification of training to account for an athlete's unique capacity for and response to training is?
Individualization

[KHE211] The word 'leisure' comes from the old French 'despot' meaning?
Leisure

[KHE211] is the process of training to become physically fit by a regimen of exercise
Conditioning

[KHE211] In the principle of specificity, the specific nature of a training load produces its own specific response and
Adaptation

[KHE211] Training is a term process that is progressive and recognizes the individual athlete's needs and capabilities.
long

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