

Unit 2; Fitness training and Programming for Health, sport and well being

Use Onenote to access all components for this Unit (2), if you have not completed any section in G Hill file you will need to do this ready for September.

I have also added one more section on sedentary lifestyles, this also incorporates sleep and stress. You need to research all three and present key information on each. (Table, mind map, poster)

How do they affect your health?

How do they effect performance?