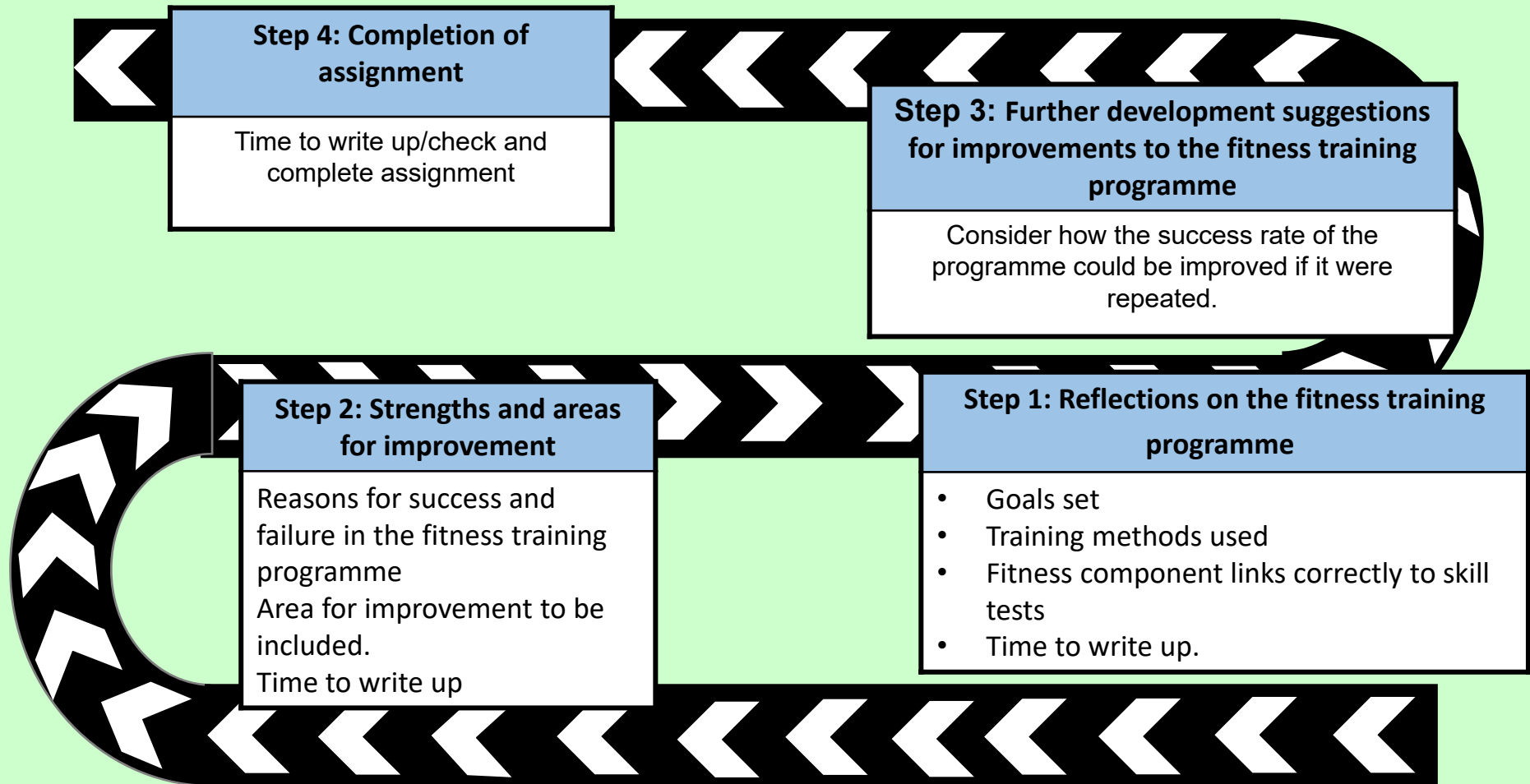


Unit R181: Applying the principles of training: fitness and how it affects skill performance (Topic Area 4 : Evaluate own performance in planning and delivery of a fitness training programme)



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