

Components of Fitness

F
R
E
E
B
D
C
A
P
S

Principles of Training

S
P
O
R
T

F
I
T
T

Sedentary Lifestyle

S
L
O
B

Effects of Obesity

I
S
B
A
D

Types of Training

C
C
F
I
S
W
P

Immediate effects of Exercise

S
A
D

Participation in Sport

F
R
E
A
C
S

SMART targets

S
M
A
R
T

Goal setting

P
O

Reasons for Hooliganism

H
A
R
D

Combatting Hooliganism

B
A
S
E
S

Reasons for warming up

T
I
M
O

Reducing Risk of Injury

S
A
F
E
R

Performance Enhancing Drugs

S
N
A
P
B
D

Reasons for taking performance enhancing drugs

F
I
L
S

Types of Feedback

N
I
P
P
E
R

Types of guidance

V V
M M

Functions of the skeletal system (Sarah Promised Mike She'd Move Country)

S
P
M
S
M
C

