## **PDHPE Taboo Cards**

Oxygen uptake Aerobic Test Picture Freymeter Ergometer Endurance Concentration  Glycogen  Haemoglobin  Red blood cells Oxygen Aerobic Endurance  Concentration  Glycogen  Haemoglobin  Red blood cells Oxygen Energy Freil Aerobic Endurance Endurance  Carbohydrates Energy Freil Aerobic Endurance Endurance  Freil  Aerobic Endurance  Freil  Visualise Energy Morbidity Disease  Death Morbidity Disease  Cardiovascular disease Endurance  Static Bowel Ballistic Fibre Stretching Diet  Autonomous  Kinaesthetic sense  Type 2 diabetes  Feel Distributed practice Skilled performer Advanced Awareness Pancreas  Distributed practice  Learning environment Massed Reversibility Progressive overload Part Practice method Progressive overload Variety Practice method Fitness Strengthening community action Developing personal skillis Re-orienting health services  Creatine Phosphate  Strength Heart rate Isotonic Blood Isokinetic Energy system
Aerobic Test Picture
Aerobic Test Picture
Aerobic Test Picture
Test Ergometer Visualise Concentration  Haemoglobin  Red blood cells Oxygen Transport Aerobic Endurance  Supplementation  Vitamins Performance Carbohydrates Carbohydrates Energy Training Minerals Performance Carbohydrates Carbohydrates Energy Training Minerals PNF Performance Carbohydrate Carbohydrates Cardiovascular disease Cancer   Cardiovascular disease Cancer  Colon Rectum PNF Performance Carbohydrate Disease Cancer  Carbohydrate Disease Cardiovascular disease Cancer  Colon Rectum PNF Performance Static Bowel Stretching Diet  Carbohydrate loading FNF Rectum Rectum Bowel Fibre Diet  Autonomous  Kinaesthetic sense  Type 2 diabetes  Type 2 diabetes  Insulin Diet  Cognitive Associative Error Muscle memory Advanced Awareness  Distributed practice  Learning environment Massed Part Practice method Progressive overload Part Practice method  Strength Fitness  Cardiac output  Strength Heart rate Isotoric Blood Isokinetic CP/PC  Autonomic CP/PC  Isometric Creating Phosphate
Ergometer Endurance Concentration Disease  Haemoglobin Glycogen Mortality  Red blood cells Carbohydrates Death Morbidity Transport Fuel Disease Cardiovascular disease Candurance Liver Cancer  Supplementation Flexibility Colorectal cancer  Vitamins Minerals PNF Rectum Static Bowel Carbohydrate loading Diet Stretching Diet Stretching Diet Cognitive Associative Skilled performer Advanced Muscle Disease Cardiovascular disease Cardiovascular disease Cancer  Vitamins Training Colon Rectum Static Bowel Carbohydrate loading Ballistic Fibre Diet Stretching Diet Stretching Diet Diet Stretching Diet Diet Stretching Diet Diet Diet Diet Diet Diet Diet Diet
Red blood cells
Haemoglobin   Glycogen   Mortality
Red blood cells Oxygen Transport Aerobic Endurance  Supplementation  Vitamins Minerals Performance Carbohydrates Disease Cardiovascular disease Cardiovascular disease Cancer  Cancer  Colon Flexibility Colorectal cancer  Colon Minerals Performance Carbohydrate loading Diet Stretching Diet  Autonomous  Kinaesthetic sense  Skill acquisition Cognitive Associative Error Advanced  Distributed practice  Learning environment Massed Whole Part Practice method Part Practice method  Streek volume Heart rate Blood  Strength Heart rate Blood  Supplementation Fleul Liver  Carbohydrates Carbohydrates Cardiovascular disease Card
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Training threshold Inequity Atherosclerosis
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