

ASSESSMENT OF PHYSICAL ACTIVITY

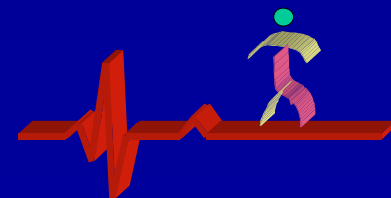


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PRESENTATION OUTLINES

- **Definition of Physical Activity and Fitness.**
- **How much Needed for Health?**
- **Assessment of Physical Activity.**
- **What is the Level of Physical Activity in Saudi Youth?**