



# General

(Senior 1 and Senior 2)

## Resource Masters



- 
- RM G-1: Guidelines for Mutual Understanding
  - RM G-2: Active Learning Strategies
  - RM G-3: Exercise Do's and Don'ts
  - RM G-4: Principles of Training and Conditioning for Physical Activities
  - RM G-5: FITT Principle Guidelines
  - RM G-6: Heart-Rate Zone Levels
  - RM G-7: Heart-Rate Zone Formula
  - RM G-8: Effects of Alcohol and Drugs: Trivia Game and Answer Key
  - RM G-9: Contraceptive Methods and Considerations: Answer Key

