



VO2 Max/ Factors Affecting

Aerobic Training - COF & Fitness Tests

Aerobic Training - Methods of Training & Physiological Adaptations

Strength Training - COF & Fitness Tests

Strength Training - Methods of Training & Physiological Adaptations

Flexibility Training - Methods of Training & Physiological Adaptations

Flexibility Training - COF & Fitness Tests

Periodisation of Training

Impact of Training on Lifestyle Diseases on CV System

Impact of Training on Lifestyle Diseases on Respiratory System