

STUDY PLAN

| Content covered on exam | How well do I know the Material? | What material do I have for studying this content? | What material do I need for studying this content? | Where could I find this material? | Dates planned for study of content | Dates Completed |
|---|---|---|---|--|---|------------------------|
| Fundamental Movements, Motor Development, and Motor Learning | | | | | | |
| Movement Forms | | | | | | |
| Fitness and Exercise Science | | | | | | |
| Social Science Foundations | | | | | | |
| Biomechanics | | | | | | |
| Health and Safety | | | | | | |