



## AQA AS Physical Education Student Unit Guide New Edition: Unit 1 Opportunities for, and the Effects of, Leading a Healthy and Active Lifestyle

By Symond Burrows, Michaela Byrne, Sue Young

Hodder Education. Paperback. Book Condition: new. BRAND NEW, AQA AS Physical Education Student Unit Guide New Edition: Unit 1 Opportunities for, and the Effects of, Leading a Healthy and Active Lifestyle, Symond Burrows, Michaela Byrne, Sue Young, Perfect for revision, these guides explain the unit requirements, summarise the content and include specimen questions with graded answers. This AQA AS Physical Education Student Unit Guide New Edition is the essential study companion for Unit 1 Opportunities for, and the Effects of, Leading a Healthy and Active Lifestyle. This full-colour book includes all you need to know to prepare for your unit exam: - Clear guidance on the content of the unit, with topic summaries, knowledge check questions and a quick-reference index - Advice throughout, so you will know what to expect in the exam and will be able to demonstrate the skills required - Exam-style questions, with graded student responses, so you can see clearly what is required.



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