## **GCSE REVISION ACRONYMS**

С	•	HEALTH RELATED FITNESS
MMFB RSPC	•	SKILL RELATED FITNESS
A B F I	•	PLANNING A TRAINING PROGRAMME
T T S P	•	PRINCIPLES OF TRAINING
R O I S M A	•	TARGET SETTING
R T C C C	•	METHODS OF TRAINING
WIF CWMPFFV	•	7 ESSENTIALS OF A HEALTHY DIET