

Field Hockey Steps To Success 2nd Edition

**convert activity into steps - walkabout** - convert activity into steps use this chart to convert activities that are not easily measured by a pedometer. multiply the number of minutes you participated in the activity by the number indicated in the chart.

**step conversion chart - files.hesapps** - stems tm step conversion chart continued activity steps/min. ping pong 141 racewalking 173 racquetball 186 rowing, outdoors, moderate (4.0-5.9 mph) 154

**soccer 2017 part i exam copy - fcsoa** - copyright © 1990-2017 national federation of state high school associations. all rights reserved. 13. pads on soccer goals: a. must be white.

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