Introduction (1 video): <https://players.brightcove.net/901973548001/HJxSIz9bLl_default/index.html?playlistId=5042179205001>

Aerobic Functioning (3 videos): <https://players.brightcove.net/901973548001/HJxSIz9bLl_default/index.html?playlistId=5042179206001>

Body Composition (2 videos): <https://players.brightcove.net/901973548001/HJxSIz9bLl_default/index.html?playlistId=5042179207001>

Musculoskeletal Functioning: Strength and Endurance (16 videos): <https://players.brightcove.net/901973548001/HJxSIz9bLl_default/index.html?playlistId=5042179208001>

Musculoskeletal Functioning: Flexibility or Range of Motion (5 videos): <https://players.brightcove.net/901973548001/HJxSIz9bLl_default/index.html?playlistId=5042179209001>