



## **COPY DISK**

### **APPENDICES A – G**

- A Basic Training block programme
- B Physical Training programme
- C Physical Training Instructors Manual
  - Part 1
  - Part 2
  - Part 3
  - Part 4
  - Part 5
  - Part 6
  - Part 7
  - Part 8
- D Biokinetic variables descriptive statistics
- E Bone Density Descriptive statistics
- F Descriptive statistics of menstrual history questionnaire
- G Fitness test descriptive statistics