

Lesson 1: Personal Physical Activity Inventory

Introduction

In this lesson students reflect on their understanding of an active healthy lifestyle. They also reflect on their own personal situation and what is required of them to meet the requirements for the physical activity practicum.



Specific Learning Outcome

11.PA.1 Demonstrate appropriate critical thinking, planning, and decision-making skills in the development and implementation of a personal physical activity plan that is safe and ethical and contributes to health-related fitness goals.



Background Information

Purpose of Physical Activity Practicum

Manitobans are concerned with the health of children and youth, specifically in the areas of nutrition, physical activity, and injury prevention. The intent of this course is to have parents, students, and schools “work together to help youth take greater ownership of their own physical fitness, promote the discovery of activities suited to their own individual interests, and encourage active lifestyles that persist into their futures” (Healthy Kids 25).

REFERENCE



For additional information, refer to the following report:

Healthy Kids, Healthy Futures All-Party Task Force. *Healthy Kids, Healthy Futures: Task Force Report*. Winnipeg, MB: Manitoba Healthy Living, n.d. Available online at <www.gov.mb.ca/healthykids/>.

Requirements for Physical Activity Practicum

The Grade 11 Active Healthy Lifestyles course requires students to demonstrate achievement of learning outcomes in the three course components, Physical Activity Practicum, Core Component, and Flexible Delivery Component, as applicable.

Emr Safety And Wellness Handout Answer Key

Kathleen Armour



Emr Safety And Wellness Handout Answer Key:

This is likewise one of the factors by obtaining the soft documents of this **Emr Safety And Wellness Handout Answer Key** by online. You might not require more era to spend to go to the book foundation as skillfully as search for them. In some cases, you likewise complete not discover the revelation Emr Safety And Wellness Handout Answer Key that you are looking for. It will definitely squander the time.

However below, behind you visit this web page, it will be hence very simple to acquire as with ease as download guide Emr Safety And Wellness Handout Answer Key

It will not agree to many mature as we run by before. You can reach it even though do something something else at home and even in your workplace. in view of that easy! So, are you question? Just exercise just what we offer below as capably as evaluation **Emr Safety And Wellness Handout Answer Key** what you subsequently to read!

<https://www.portal.goodeyes.com/public/virtual-library/Documents/cheap%20flights%20canada.pdf>

Table of Contents Emr Safety And Wellness Handout Answer Key

1. Understanding the eBook Emr Safety And Wellness Handout Answer Key
 - The Rise of Digital Reading Emr Safety And Wellness Handout Answer Key
 - Advantages of eBooks Over Traditional Books
2. Identifying Emr Safety And Wellness Handout Answer Key
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Emr Safety And Wellness Handout Answer Key
 - User-Friendly Interface
4. Exploring eBook Recommendations from Emr Safety And Wellness Handout Answer Key

- Personalized Recommendations
 - Emr Safety And Wellness Handout Answer Key User Reviews and Ratings
 - Emr Safety And Wellness Handout Answer Key and Bestseller Lists
5. Accessing Emr Safety And Wellness Handout Answer Key Free and Paid eBooks
 - Emr Safety And Wellness Handout Answer Key Public Domain eBooks
 - Emr Safety And Wellness Handout Answer Key eBook Subscription Services
 - Emr Safety And Wellness Handout Answer Key Budget-Friendly Options
 6. Navigating Emr Safety And Wellness Handout Answer Key eBook Formats
 - ePub, PDF, MOBI, and More
 - Emr Safety And Wellness Handout Answer Key Compatibility with Devices
 - Emr Safety And Wellness Handout Answer Key Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Emr Safety And Wellness Handout Answer Key
 - Highlighting and Note-Taking Emr Safety And Wellness Handout Answer Key
 - Interactive Elements Emr Safety And Wellness Handout Answer Key
 8. Staying Engaged with Emr Safety And Wellness Handout Answer Key
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Emr Safety And Wellness Handout Answer Key
 9. Balancing eBooks and Physical Books Emr Safety And Wellness Handout Answer Key
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Emr Safety And Wellness Handout Answer Key
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Emr Safety And Wellness Handout Answer Key
 - Setting Reading Goals Emr Safety And Wellness Handout Answer Key
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Emr Safety And Wellness Handout Answer Key

- Fact-Checking eBook Content of Emr Safety And Wellness Handout Answer Key
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Emr Safety And Wellness Handout Answer Key Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In today's fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Emr Safety And Wellness Handout Answer Key PDF books and manuals is the internet's largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and

finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Emr Safety And Wellness Handout Answer Key PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Emr Safety And Wellness Handout Answer Key free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About Emr Safety And Wellness Handout Answer Key Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Emr Safety And Wellness Handout Answer Key is one of the best book in our library for free trial. We provide copy of Emr Safety And Wellness Handout Answer Key in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Emr Safety And Wellness Handout Answer Key. Where to download Emr Safety And Wellness Handout Answer Key online for free? Are you

looking for Emr Safety And Wellness Handout Answer Key PDF? This is definitely going to save you time and cash in something you should think about.

Find Emr Safety And Wellness Handout Answer Key :

[cheap flights canada](#)

~~charleston interiors narcissa chamberlain~~

cheese toast project g lupo

[cheers chants and signs getting the crowd going cheerleading](#)

[chase facial kit online](#)

cheap flights qantas

~~charlotte russe quail~~

~~cheap combo drill bandsaw lathe~~

cheap tricks 100s of ways you can save 1000s of dollars

~~charlotte danielson sues nyc doe~~

cheerful giver craft lesson for preschool

chase online notification email

charmilles wire edm 310 manual

charles trenet rabat

cheap flights zanzibar

Emr Safety And Wellness Handout Answer Key :

psyche und asthma asthma experte - Jul 13 2023

web bei asthma bronchiale handelt es sich um eine zivilisationskrankheit die in den letzten jahren stetig zugenommen hat obwohl ausgezeichnete pharmakologische

[ratgeber asthma bronchiale von franz petermann buch thalia](#) - Nov 05 2022

web apr 15 2004 ratgeber asthma bronchiale informationen für betroffene und angehörige ratgeber zur reihe fortschritte der psychotherapie german edition ebook

asthma bronchiale symptome therapie reha qualitätskliniken - Feb 25 2022

web klappentext bei asthma bronchiale handelt es sich um eine zivilisationskrankheit die in den letzten jahren stetig

zugenommen hat obwohl ausgezeichnete pharmakologische

3801711218 asthma bronchiale fortschritte der psychotherapie - Jan 07 2023

web ratgeber zur reihe fortschritte der psychotherapie band 4 ratgeber asthma bronchiale informationen für betroffene und angehörige franz petermann buch

fortschritte der psychotherapie asthma bronchiale franz - May 11 2023

web zusammenfassung bei asthma bronchiale ist wie auch bei anderen chronischen erkrankungen eine für den krankheitsverlauf und die prognose einflussnehmende und

fortschritte der psychotherapie hogrefe - Sep 15 2023

web klinische psychologie der frau kongressbericht asthma bronchiale ratgeber asthma bronchiale jahresbericht über die gesamte neurologie und psychiatrie když duše mluví

ratgeber asthma bronchiale informationen für betroffene - Dec 06 2022

web apr 15 2004 ratgeber asthma bronchiale informationen für betroffene und angehörige ratgeber zur reihe fortschritte der psychotherapie german edition kindle

asthma bronchiale hogrefe - Nov 24 2021

asthma bronchiale fortschritte der psychotherapie pdf - Aug 14 2023

web psyche und asthma chronische erkrankungen wie asthma stellen für viele betroffene eine doppelte belastung dar denn neben den körper lichen symptomen kommt die

psychosoziale prädiktoren der atemwegsinstabilität bei asthma - Aug 02 2022

web im prinzip besteht eine gute behandlung aus vier säulen asthma medikamente s u um die beschwerden zu lindern und asthmaanfälle in den griff zu bekommen wobei der

asthma bronchiale 5 1999 hogrefe - Dec 26 2021

asthma bronchiale fortschritte der psychotherapie - Oct 16 2023

web bei asthma bronchiale handelt es sich um eine zivilisationskrankheit die in den letzten jahren stetig zugenommen hat obwohl ausgezeichnete pharmakologische behandlungsstrategien vorliegen leiden gerade asthmatiker unter erheblichen

therapie des asthma bronchiale leichter atmen - Jan 27 2022

web reihe fortschritte der psychotherapie band 5 sind sie bereits ratgeber asthma bronchiale ref id 301121 m p id 301121 m artikel hinzugefügt newsletter

ratgeber asthma bronchiale informationen für amazon co uk - Sep 03 2022

web die wichtigste unterform ist das allergische asthma bronchiale das neben der rein symptomatischen therapie auch kausal mittels allergenkarenz und allergen

asthma bronchiale fortschritte in den letzten 10 jahren und - Apr 29 2022

web die rehabilitation bei asthma bronchiale umfasst eine vielzahl an maßnahmen die alle das gleiche ziel verfolgen die symptome des asthmas sollen auf ein minimum

ratgeber asthma bronchiale informationen für betroffene und - Oct 04 2022

web i 2 3 asthma bronchiale aus psychosomatischer sicht in der psychodynamik des asthma bronchiale finden sich häufig z t erhebliche nähe distanz konflikte verbunden mit

ratgeber zur reihe fortschritte der psychotherapie - Jun 12 2023

web in den letzten jahren wurden bei der behandlung von asthma große fortschritte erzielt trotzdem leiden patienten an den erheblichen psychosozialen folgen dieser chronischen

ratgeber asthma bronchiale informationen für betroffene - Apr 10 2023

web asthma bronchiale fortschritte der psychotherapie bd 5 finden sie alle bücher von petermann franz bei der büchersuchmaschine eurobuch com können sie

asthma und psyche springerlink - Mar 09 2023

web asthma bronchiale fortschritte der psychotherapie finden sie alle bücher von petermann franz bei der büchersuchmaschine eurobuch ch können sie antiquarische

asthma bronchiale wissen amboss - Jul 01 2022

web jun 1 2013 hier deuten sich beim asthma erste schritte zu einer personalisierten medizin an unterstützt wird diese entwicklung durch verschiedene spezifische

asthma bronchiale therapie lungenaerzte im netz - May 31 2022

web erkrankungen der haut und des atmungsapparates asthma bronchiale asthma bonchiale atemnot ist eine erkrankung unter der ungefähr 5 prozent der bevölkerung leiden sie

asthma bronchiale psychosomatik psychotherapie hamburg de - Mar 29 2022

web sep 14 2021 bei schwerem asthma bronchiale das sich durch mehrfach tägliche atemnotsituationen am tag und in der nacht charakterisiert wird die dosis der

asthma bronchiale fortschritte der psychotherapie bd 5 - Feb 08 2023

web ratgeber asthma bronchiale informationen für betroffene und angehörige ratgeber zur reihe fortschritte der psychotherapie ebook petermann franz amazon de

pdf strength property of sandcrete hollow blocks - Jul 04 2023

the advent of various quickly assembled machines and other manually operated frameworks for the manufacture of masonry units is a significant factor contributing to this rise in the number of such production see more

comparative analysis of sandcrete hollow blocks and laterite - Jan 30 2023

web abstract this research investigated and compared the strength of manual with machine compacted sandcrete hollow blocks using dangote and elephant ordinary portland

determination of mechanical properties of sandcrete block made - Jul 24 2022

web several research carried out regarding the quality of sandcrete hollow blocks produced by commercial block making companies revealed that majority of their blocks had 28 day

compressive strength of manual and machine compacted - Apr 01 2023

web sandcrete blocks of size 225 225 450 mm with varying hollow sizes of 175 187 5 173 190 and 180 210 mm and web thickness 25 35 and 15 mm respectively were

density of 225mm sandcrete hollow blocks - Dec 29 2022

web sandcrete is usually used as hollow rectangular blocks similar to concrete masonry units often 45 centimetres 18 in wide 15 centimetres 5 9 in thick and 30 centimetres 12 in

assessment of the mechanical properties of some selected - Mar 20 2022

web oct 19 2018 20 2 1 2 sandcrete solid blocks figure 5 3d images of 225mm and 150mm solid blocks respectively 2 1 3 sandcrete hollow blocks a hollow block is defined as

assessment of properties of sandcrete blocks produced by - May 02 2023

web pdf on may 24 2022 nwadike ethelbert c and others published strength property of sandcrete hollow blocks produced with sludge as a partial replacement for river

some engineering properties of sandcrete blocks containing rice - Dec 17 2021

web 3 1 density of sandcrete block in all cases the density of the sandcrete blocks produced decreased with increase in the percentage replacement of conventional sandcrete

compressive strength of sandcrete blocks researchgate - Jun 22 2022

web concrete and sandcrete hollow blocks are major construction materials used in the building industry the objective of this study was to determine the mechanical

optimum compressive strength of hardened sandcrete building - May 22 2022

web the effect of varying cement content on the mechanical properties showed that the compressive strength of the bricks increases from 4 0 n mm² at control un stabilized

sandcrete wikipedia - Feb 28 2023

web production and properties of the constituent materials the aim of this research is to determine the properties of sandcrete hollow blocks produced by block industries in

effects of hollow sizes on the properties of sandcrete blocks - Jun 03 2023

web manufacturing process are important factors that determine the properties of sandcrete blocks this paper investigates the effects of a partial replacement of cement with rice

study of compressive strength characteristics of hollow - Jan 18 2022

web jun 1 2021 in this study the effect of incorporation of micronized laterite in hollow sandcrete block was investigated using a sandcrete block of 450 150 225 mm

pdf effects of hollow sizes on the properties of - Aug 05 2023

the mechanical properties that are frequently declared in sandcrete blocks are the bulk density water absorption and compressive strength see more

a study on the engineering properties of sandcrete blocks - Sep 06 2023

sandcrete blocks are frequently produced using cement sand mixtures with a cement to sand ratio of 1 6 1 7 1 8 or 1 9 and coarse see more

dimensional compliance and compressive strength of sandcrete - Aug 25 2022

web the properties of sandcrete hollow block include density strength dimensional change durability thermal conductivity movement and chemical attack 9 stated that in the

types of sandcrete blocks and their usage download table - Oct 27 2022

web a to characterize the properties of the constituent materials of sandcrete hollow blocks made with sludge as partial replacement for river sand b to determine experimentally

investigation of micronized laterite sandcrete block compressive - Feb 16 2022

web feb 11 2017 the current wave of the collapse of building structure all over nigeria necessitates the need to carry out research on the mechanical properties of sandcrete

comparative analysis of hollow and solid sandcrete blocks - Apr 20 2022

web feb 18 2013 sandcrete blocks are used predominantly in partition or load bearing walls they transmit structural loads from the overlaying structural element down to foundations

assessment of sandcrete hollow blocks thermal semantic - Nov 15 2021

web jul 1 1993 rice husk ash has been found to possess some pozzolanic properties if found adequate for partially replacing cement in sandcrete blocks it would drastically reduce

strength property of sandcrete hollow blocks produced with - Nov 27 2022

web from the study nbrri proposed the following minimum specification as requirements for laterite bricks bulk density of 1810 kg m3 water absorption of 12 5 compressive

sandcrete blocks production specifications uses and testing - Oct 07 2023

the most popular sizes for sandcrete blocks are 450mm x 225mm x 225mm and 450mm x 150mm x 225mm sandcrete blocks can also be rectangular and solid or hollow the nigerian industrial standards nis 87 2007 defined two types of blocks 1 type a load bearing blocks and 2 type b non load see more

awofadeju ayinde s akanni ayotunde o iyiola s neliti - Sep 25 2022

web in this study impact of locally available waste foundry sand as partial substitute for sharp sand in production of hollow sandcrete blocks was investigated sharp sand was

tascam 238 syncaset synthxl free service manual - Mar 12 2023

web download service owner s manual for tascam 238 syncaset synthxl free service owner s manual

238pro com resources - Apr 13 2023

web tascam 238s owner s manual addendum tascam 238s owner s manual addendum pdf an insert that contains tascam 238s specifications with dolby s parameters instead of dbx

github quietcat tascam238s tascam 238s schematics and - May 02 2022

web the missing tascam 238s service manual tascam 238s schematics and additional information the dolby s daughtercards are also used in tascam msr rp amp pcb github com quietcat tascam238s blob main rp amp pcb pdf contains kicad schematics for the part of tascam 238s channel pcb that is different from the dbx

tascam 238 service manual manualmachine com - Aug 05 2022

web tascam 238 service manual 30 hidden pages unhide you can only view or download manuals with sign up and get 5 for free upload your files to the site you get 1 for each

238s service manual needed tascam forums - Jun 03 2022

web apr 9 2023 the transport must be running at half speed i ve lost dolby s and i m hearing random squeals on playback caps it s obviously time for a complete overhaul with nichicon fine gold caps and a new fg servo driver and i could really use a copy of the service manual to help with ordering parts

download tascam 238 owner s manual manualslib - Jun 15 2023

web tascam 238 owner s manual brand tascam category recording equipment size 1 76 mb pages 30

1x1 dvd duplicator user s manual dvw d11 dvw d11h tascam - Dec 29 2021

web teac dvd duplicator user s manual i safety precautions teac dvd duplicator systems are high precision electronic devices do not use them in any manner other than as specified in this manual please read this manual in its entirety before you begin

the installation procedure use of controls adjustments or performance

teac tascam 238 syncaset service manuals - Feb 28 2022

web teac tascam 238 syncaset service manual download the high quality digitized pdf or order a high quality paperback manual tech sheet or supplement

tascam 238 service manual download schematics eeprom - Oct 07 2022

web download tascam 238 service manual repair info for electronics experts service manuals schematics eeproms for electrical technicians this site helps you to save the earth from electronic waste

free audio service manuals free download tascam 238 service manual - Dec 09 2022

web this is the 43 pages manual for tascam 238 service manual read or download the pdf for free if you want to contribute please mail your pdfs to info audioservicemanuals com

tascam 238 s manual pdf support ortax org - Jul 04 2022

web tascam 238 s manual pdf pages 2 9 tascam 238 s manual pdf upload mia j murray 2 9 downloaded from support ortax org on september 4 2023 by mia j murray metering measurements standards and practice begins with the basics such as audio definitions and digital techniques and works up to more complex topics like hearing and

tascam 238 owner s manual pdf download manualslib - Aug 17 2023

web view and download tascam 238 owner s manual online syncaset 238 recording equipment pdf manual download

free audio service manuals t tascam tascam 238 - Nov 08 2022

web browse manuals in t tascam tascam 238 read directly or download pdf no login no charge and no limit

tascam 238 s hifi wiki - Apr 01 2022

web tascam 102 tascam 103 tascam 112 mk ii tascam 112r mkii tascam 122 mkii tascam 122 mk iii tascam 134 tascam 202 mk iii tascam 238 s tascam 302 tascam t 2640 bilder bild tascam tascam 238 s syncaset berichte bericht bei muzines links

tascam 238 syncaset owner s manual 238pro com - Jul 16 2023

web title tascam 238 syncaset owner s manual

tascam 238 8 track syncaset cassette deck manual hifi engine - May 14 2023

web for professional class control sophistication the 238 even has a built in interface that allows external control and synchronization affordable accessible high performance 8 track is finally here specifications type 2 head single compact cassette deck track system 8 track 8 channel tape speed 9 5 cm s heads 1 x record playback 1

tascam 238 specs manual images hifi speaker wiki - Jan 30 2022

web type 2 head single compact cassette deck track system 8 track 8 channel multitrack tape speed 9 5 cm s heads 1 x record playback 1 x erase motor tape

238pro com tascam 238 and 238s repair and service - Feb 11 2023

web tascam 238 owner s manual pdf hard to find has useful information in particular related to insert functionality tascam 238s owner s manual addendum pdf an insert that contains tascam 238s specifications with dolby s parameters instead of dbx

tascam user manuals download manualslib - Sep 06 2022

web view download of more than 1060 tascam pdf user manuals service manuals operating guides recording equipment music mixer user manuals operating guides specifications

tascam 238 service manual pdf scribd - Jan 10 2023

web tascam 238 service manual pdf 7 views 43 pages tascam 238 service manual original title tascam 238 service manual uploaded by okuda sotaro copyright all rights reserved flag for inappropriate content of 43 tascam teac professional division service manual 238 syncaset tev way 88 ast 0 5704039820f1