

Physical Activity Instruction Of Older Adults

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the meaning of instruction is an outline or manual of technical procedure directions how to use instruction in a sentence

instruction definition 1 something that someone tells you to do 2 advice and information about how to do or use learn more

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1 the act or practice of instructing or teaching education 2 knowledge or information imparted 3 an item of such knowledge or information 4 usu instructions orders or directions 5 the act of

an instruction is something that someone tells you to do two lawyers were told not to leave the building but no reason for this instruction was given

instruction is vital for education as it is the transfer of learning from one person to another any time you are given directions or told how to do something you are receiving instruction the noun instruction is

in struc tion ɪnˈstrʌkʃən n the act or practice of instructing uncountable methods of instruction using computers knowledge or information imparted uncountable the course gives you a lot of

jan 20 2026 noun instruction countable and uncountable plural instructions uncountable the act of instructing teaching or providing with information or knowledge

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instruction definition the act practice or profession of instructing

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