

Content

Muscle

-Type 1/muscle - twitch muscle fibers are needed for endurance activities like long-distance running and cycling, and need more aerobic energy.

Type 2/muscle fast twitch muscle fibers need less oxygen and are used in short-term, maximum force exertion like sprinting, jumping, and weight lifting.

resistance and weight training increases muscle fiber size, and strengthens and thickens connective tissues, resulting in larger muscle and great muscular strength and endurance.

Crackles: inner thigh muscle that runs between the pelvic bone and the iliac spine bone.

Gluteoemius-muscle in the lower leg

Gluteus minimus- third of the four buttock muscles.

Gluteus maximus(the largest) + gluteus medius
gluteus minimus + tensor fasciae latae(smallest)



Exercise science principles

1. Specificity - must exercise the specific body part, muscle, or sport movements and techniques that one wants to improve.
2. Adaption- the body adapts to exercise, so that with regular practice, certain activities become easier.
3. Overload- the body only responds beyond its normal level if new stimuli or additional pressures are introduced, improve athletic ability.
4. Individual differences- not everybody will attain the same results from the same training programs and levels.

5. Progression- must progress at a certain individual rate to get results.
6. Use/Disuse- use it or lose it.

Body Shape

1. Ectomorph: a long, narrow, thin shape with minimal fat. -long distance running, high jump
2. Endomorph: fat, pear-shaped, narrow shoulders, wide hips, small wrists and ankles, more fat on the torso, arms, and legs. Short-puffing and wrestling.
3. Mesomorph: muscular, often well-proportioned, wide shoulders and narrow hips, strong limbs, and little body fat. -gymnastics and swimming.

Perceptual motor abilities

1. Control precision - how well you handle
2. Rate control - reaction driving
3. Aiming: feeding
4. Response: orientation and choice reaction time - football-quarterbacking
5. Reaction time: sprinting
6. Manual dexterity- basketball-dribbling
7. Finger dexterity - typing
8. Arm-hand steadiness - surgery
9. Wrist and finger speed - speed-sterling

Physical proficiencies

1. Explosive strength -standing long-jumps
2. Static strength - weight lifting
3. Trunk strength - pole-vaulting
4. Extent flexibility - yoga
5. Dynamic flexibility -squat thrusts
6. Limb movement speed- javelin throwing
7. Stamina -marathon

Both gender participation and body contact, lighty and lower body strength- running, ultimate Frisbee, capture the flag

More upper body strength - team for skill level to prevent injury

Physical Education Content And Design Study Guide

Patrick Vollmar



Physical Education Content And Design Study Guide:

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Student Learning in Physical Education Stephen J. Silverman, Catherine D. Ennis, 2003 This volume provides up to date research on the physical education curriculum teaching and teacher training and shows physical educators how to apply this knowledge to their day to day practices *Index & Curriculum Briefs* Curriculum materials clearinghouse, 1974 Research in Education, 1974 **A Philosophical Base for a Physical Education Program Design** Ione Genevieve Shadduck, 1967 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office, 1974 *National Library of Medicine Current Catalog* National Library of Medicine (U.S.), 1971 **Nutrition Education: Linking Research, Theory, and Practice** Isobel R. Contento, Pamela A. Koch, 2025-03-11 Nutrition Education Linking Research Theory and Practice provides a straightforward user friendly model for designing effective nutrition education programs that address the personal and environmental factors affecting individuals food choices and assists them in adopting healthy behaviors throughout their lifetime Built around the six step DESIGN process the text integrates research theory and practice and provides advice and direction on designing implementing and evaluating theory based nutrition education Instructional Strategies for Secondary School Physical Education Marilyn M. Buck, 2007 Comprehensive overview of secondary level physical education teaching methods and program and curriculum design with a strong theoretical background and focus on extensive applications and examples

Language Curriculum Design and Socialisation Peter Mikan, 2012-11-23 This book applies social theory to curriculum design and sets out a program for language curriculum renewal for the 21st century It includes many examples of text based curricula and describes a plan for curriculum renewal based on texts as the unit of analysis for planning for teaching and for assessment Underpinned by Halliday s semiotic theory of language the book combines the theory of language as a resource for meaning making with learning language as learning to mean The curriculum design constructs curriculum around social practices and their texts rather than presenting language as grammatical and lexical objects This work will provide teachers teacher educators and curriculum planners with a curriculum model for teaching children and adults in different contexts from preschool to adult education as well as serving as a practical guide for students

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