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## CSET: Physical Education (I)

Name 6 individual motor and physical fitness variables - correct answer -agility

- balance
- coordination
- flexibility
- speed
- strength

What are the 3 kinds of body type (somatype) and how do they affect motor performance? - correct answer -endomorphs: large, strong but slow

- mesomorphs: muscular, fast and agile
- ectomorphs: skinny, lack power and strength, endurance

What are the components of perceptual-motor development and how do they affect performance? - correct answer students need to interpret stimuli/cues in order to coordinate movements

- visual
- auditory
- tactile
- kinesthetic: awareness of the position and movement of the parts of the body

What physical changes occur in a child aged 3-5 and what impact on motor performance does it have? - correct answer -boys tend to be stronger

- lack fine motor skills
- can't focus on small objects for long
- girls tend to be better coordinated

# Physical Education Cset Study Guide

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Brown, Harold T. Frierhood**



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