# FTCE Physical Education Certification Exam(complete)

The best strategy to appropriately challenge students and increase motivation - correct answer Allow students to adjust difficulty of the task

Because of inclement weather, a teacher transitions a 5th grade class to an inside space. During the previous lesson, the students were working outside on a progression of tasks where they were striking a variety of objects with tennis rackets. For this lesson, the best strategy for the teacher to implement is - correct answer Modify the task, adapting and maintaining instructional objectives

What organization authorized the definition of a physically education individual - correct answer National Association for Sport and Physical Education

Definition of OBESE - correct answer Too much body fat

Which motivational theory emphasizes the role that interaction with others plays in student performance? - correct answer SOCIAL LEARNING

What is the most important criterion to consider when providing appropriate experiences for the ability of a student? - correct answer Student's developmental level

To maintain balance the center of gravity should be aligned - correct answer OVER the base of support

A tumbler can make the transition from explosive movement to sustained controlled landing by adjusting what aspect of movement - correct answer EFFORT QUALITY

What movement concept is included in estimating the difference in force required to throw a ball 10 feet or 50 feet - correct answer EFFORT QUALITY

As students put DANCE movements together, the teacher should instruct them in the concept of - correct answer FLOW

Which are classified as LOCOMOTOR Skills - correct answer running, sliding, walking, leaping, skipping, hopping

MANIPULATIVE skills - correct answer throwing, kicking, anything that involve handeye coordination

NONLOCOMOTOR SKILLS - correct answer Bending, twisting, turning, pushing, pulling, stretching

# **Physical Education Certification Texas Study Guide**

**Mark Steyvers** 

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