

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 fast oxygen and are used in short-term, maximum force exertion like sprinting, jumping, and weight lifting.

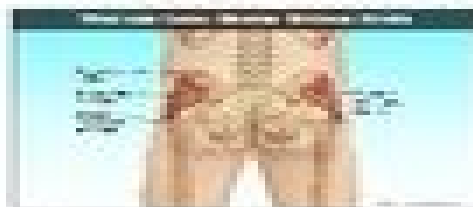
resistance and weight training increases muscle fiber size, and strengthens and thickens connective tissues, resulting in larger muscle and great muscular strength and endurance.

Crackles: inner thigh muscle that runs between the pubic 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 (accessory)



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- skating

Physical proficiencies

1. Explosive strength -standing long-jumps
2. Static strength - weight lifting
3. Trunk strength - pole-vaulting
4. Extant 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 Praxis Study Guide

Tao Wei



Physical Education Praxis Study Guide:

Praxis Physical Education 10091 Teacher Certification Test Prep Study Guide Sharon Wynne, 2008-09 Ready to teach physical education Master the core content competencies and skills found on the PRAXIS Physical Education test using this comprehensive study guide Prepare for the real exam with 125 practice test questions that feature skill reference rigor and full answer rationales Praxis Health and Physical Education Content Knowledge 5857 Secrets Study Guide - Full-Length Practice Test and Exam Review Matthew Bowling, 2022-11-16 Mometrix Test Preparation s Praxis Health and Physical Education Content Knowledge 5857 Secrets Study Guide is the ideal prep solution for anyone who wants to pass their Praxis Subject Assessments The exam is extremely challenging and thorough test preparation is essential for success Our study guide includes Practice test questions with detailed answer explanations Tips and strategies to help you get your best test performance A complete review of all Praxis test sections Mometrix Test Preparation is not affiliated with or endorsed by any official testing organization All organizational and test names are trademarks of their respective owners The Mometrix guide is filled with the critical information you will need in order to do well on your Praxis exam the concepts procedures principles and vocabulary that the Educational Testing Service ETS expects you to have mastered before sitting for your exam Test sections include Physical Education Content Knowledge Student Growth and Development Management Motivation and Communication Planning Instruction and Student Assessment Collaboration Reflection and Technology Health Education as a Discipline Health Education Content and much more Our guide is full of specific and detailed information that will be key to passing your exam Concepts and principles aren t simply named or described in passing but are explained in detail The Mometrix Praxis study guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it Because it s written with an eye for both technical accuracy and accessibility you will not have to worry about getting lost in dense academic language Any test prep guide is only as good as its practice questions and answer explanations and that s another area where our guide stands out The Mometrix test prep team has provided plenty of Praxis practice test questions to prepare you for what to expect on the actual exam Each answer is explained in depth in order to make the principles and reasoning behind it crystal clear We ve helped hundreds of thousands of people pass standardized tests and achieve their education and career goals We ve done this by setting high standards for Mometrix Test Preparation guides and our Praxis Health and Physical Education Content Knowledge 5857 Secrets Study Guide is no exception It s an excellent investment in your future Get the Praxis review you need to be successful on your exam **Praxis II Physical Education Content Knowledge (5091) Exam** Educational Testing Group, 2018-02-07 This practice test includes 244 questions about Praxis II Physical Education Content Knowledge 5091 Exam The test has been carefully developed to assist you to pass your actual test It will help you prepare for and pass your exam on the first attempt but it does not include any study guide The book focuses only on carefully selected practice questions Two main topics HEALTH EDUCATION and

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