

Content

Muscle

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

Type II/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.

Gluteoemimus - 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-sterling

Physical proficiencies

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

Both gender participation and body contact, agility 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

**Hsiang-Chuan Liu, Wen-Pei Sung, Wenli
Yao**



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web apr 9 2021 instructions place the pork roast on a flat surface and pat dry with paper towels generously rub about ¼ cup of the pork dry rub onto the roast and transfer to the dish of a 6 quart slow cooker add the water cover with lid and set to cook for 6 hours on high or 10 hours on low

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