## 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

- -wiscondi
- -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**

**Michael Hoelscher** 

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