

## 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.

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. Extent flexibility - yoga
5. Dynamic flexibility -squat thrusts
6. Limb movement speed- javelin throwing
7. Stamina -marathon

Both gender participation and body contact, agility and lower body strength- running, ultimate Frisbee, capture the flag

Lower upper body strength - team for skill level to prevent injury

# Physical Education Praxis Study Guide

**Julia Schneider**



## **Physical Education Praxis Study Guide:**

The book delves into Physical Education Praxis Study Guide. Physical Education Praxis Study Guide is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Physical Education Praxis Study Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Physical Education Praxis Study Guide
    - Chapter 2: Essential Elements of Physical Education Praxis Study Guide
    - Chapter 3: Physical Education Praxis Study Guide in Everyday Life
    - Chapter 4: Physical Education Praxis Study Guide in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Physical Education Praxis Study Guide. This chapter will explore what Physical Education Praxis Study Guide is, why Physical Education Praxis Study Guide is vital, and how to effectively learn about Physical Education Praxis Study Guide.
  3. In chapter 2, this book will delve into the foundational concepts of Physical Education Praxis Study Guide. The second chapter will elucidate the essential principles that must be understood to grasp Physical Education Praxis Study Guide in its entirety.
  4. In chapter 3, the author will examine the practical applications of Physical Education Praxis Study Guide in daily life. This chapter will showcase real-world examples of how Physical Education Praxis Study Guide can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Physical Education Praxis Study Guide in specific contexts. The fourth chapter will explore how Physical Education Praxis Study Guide is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Physical Education Praxis Study Guide. The final chapter will summarize the key points that have been discussed throughout the book.
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