

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

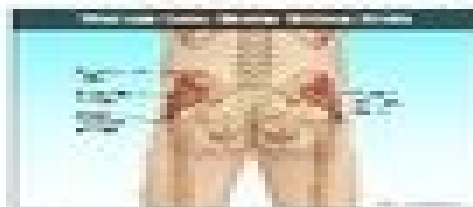
resistance and weight training increases muscle fiber size, and strengthens and thickens connective tissues, resulting in larger muscle and great muscular strength and endurance.

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(smallest)



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 Content And Design Study Guide

LL Leslie



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a net ionic equation is the most accurate representation of the actual chemical process that occurs writing these equations requires a familiarity with solubility rules acid base reactivity

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apr 25 2017 this is understood when you consider the two chemicals appear unchanged before and after the reaction therefore the net ionic equation is $2\text{cl aq} + 2\text{ag aq}$

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ions that remain essentially unchanged during a reaction are called spectator ions this means you can ignore them when you write the ionic equation you only need to model how the solid

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may 11 2017 in the net ionic equation any ions that do not participate in the reaction called spectator ions are excluded as a result the net ionic equation shows only the species that

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aug 10 2023 write the full ionic and net ionic equations for this reaction solution the elemental metals magnesium on the reactant side copper on the product side are neutral

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the first step to writing a net ionic equation is balancing the chemical equation present let s use the reaction between sodium chloride and silver nitrate as an example next we write the

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highlights learning objectives by the end of this section you will be able to derive chemical equations from narrative descriptions of chemical reactions write and balance chemical

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the net ionic equation is the chemical equation that shows only those elements compounds and ions that are directly involved

in the chemical reaction notice that in writing the net ionic

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what remains when the spectator ions are removed is called the net ionic equation which represents the actual chemical change occurring between the ionic compounds Cl^-aq

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this net ionic equation indicates that solid silver chloride may be produced from dissolved chloride and silver I^+ ions regardless of the source of these ions these molecular and

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write the overall chemical equation the complete ionic equation and the net ionic equation for the reaction of aqueous silver fluoride with aqueous sodium phosphate to give solid silver

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the complete ionic equation for this reaction is as follows equation 4 13 $2\text{Ag}^+\text{aq} + 2\text{F}^-\text{aq} + 2\text{NH}_4^+\text{aq} + \text{Cr}_2\text{O}_7^{2-}\text{aq} \rightarrow \text{Ag}_2\text{Cr}_2\text{O}_7\text{s} + 2\text{NH}_4^+\text{aq} + 2\text{F}^-\text{aq}$ because two NH_4^+aq

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