

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 medius (the largest) + gluteus maximus
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 - speed-throwing
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

R Barnett



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web apr 15 2013 if re creating the f1 engine were simply a matter of cribbing from some 1960s blueprints nasa would have already done so a typical design document for something like the f1 though was

formula one car wikipedia - Sep 04 2022

web a formula one car or f1 car is a single seat open cockpit open wheel formula racing car with substantial front and rear wings and an engine positioned behind the driver intended to be used in competition at formula one racing events

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web a cosworth dfv 3 litre v8 formula one engine renault 1 5 litre turbo engine in 1966 with sports cars capable of outrunning formula one cars thanks to much larger and more powerful engines the fia increased engine capacity to 3 0 l atmospheric and 1 5 l compressed engines

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web in formula one motor racing engine or power unit manufacturers are people or corporate entities which are credited as the make of formula one engines that have competed or are intended to compete in the fia formula one world championship a constructor of an engine owns the intellectual rights to its engine

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web aug 26 2019 the current f1 engines are six cylinder engines constructed in a v configuration at 90 degrees with a 1 6 litre displacement the second element is the turbocharger tc which increases the density of the air that is consumed by the engine thus giving the engine more power

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web the f1 commonly known as rocketdyne f1 was a rocket engine developed by rocketdyne this engine uses a gas generator cycle developed in the united states in the late 1950s and was used in the saturn v rocket in the 1960s and early 1970s

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web aug 7 2017 the f 1 engine the most powerful single nozzle liquid fueled rocket engine ever developed boosted the saturn v rocket off the launch pad and on to the moon during nasa s apollo program during the 1960s and 1970s

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web apr 30 2023 the f 1 engine played a critical role in nasa s apollo program which aimed to land humans on the moon the engine was used in the first stage of the saturn v rocket which launched astronauts from earth and into space each saturn v rocket had five f 1 engines producing a combined 7 5 million pounds of thrust

rocket propulsion evolution 8 11 f 1 engine - Jun 01 2022

web may 13 2021 f 1 under test at msfc nasa the saturn v could have never achieved its objective of sending humans to earth s moon were it not for the f 1 engine when work on the f 1 began the most powerful production rocket engine produced around 150 000 lbt

f 1 rocket engine national air and space museum - Mar 10 2023

web world s most powerful single chamber rocket engine the f 1 engine was the powerplant for the first stage of the 111 meter 363 foot tall saturn v launch vehicle saturn v launched apollo astronauts to the moon and the skylab space station

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web aug 16 2022 in 2013 160kg of fuel was used in a race in 2020 that stood at 100kg and in 2026 f1 is aiming for each car to use just 70kg of fuel during a grand prix moreover f1 is shifting from controlling the fuel flow through a maximum mass flow rate to a maximum energy flow rate 4 better safety with the mgv k set to be enclosed within the