

## 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.

Cruciate - inner thigh muscle that runs between the pelvic bone and the knee (knee bone).

Gastrocnemius - 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. Adaptation - 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, leading
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-reading

### 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, upper and lower body strength- running, ultimate Frisbee, capture the flag

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

# Praxis Pe Study Guide

**Kathleen Jasper**

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## **Table of Contents Praxis Pe Study Guide**

1. Understanding the eBook Praxis Pe Study Guide
  - The Rise of Digital Reading Praxis Pe Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Praxis Pe Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Praxis Pe Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Praxis Pe Study Guide
  - Personalized Recommendations
  - Praxis Pe Study Guide User Reviews and Ratings

- Praxis Pe Study Guide and Bestseller Lists
- 5. Accessing Praxis Pe Study Guide Free and Paid eBooks
  - Praxis Pe Study Guide Public Domain eBooks
  - Praxis Pe Study Guide eBook Subscription Services
  - Praxis Pe Study Guide Budget-Friendly Options
- 6. Navigating Praxis Pe Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Praxis Pe Study Guide Compatibility with Devices
  - Praxis Pe Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Praxis Pe Study Guide
  - Highlighting and Note-Taking Praxis Pe Study Guide
  - Interactive Elements Praxis Pe Study Guide
- 8. Staying Engaged with Praxis Pe Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Praxis Pe Study Guide
- 9. Balancing eBooks and Physical Books Praxis Pe Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Praxis Pe Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Praxis Pe Study Guide
  - Setting Reading Goals Praxis Pe Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Praxis Pe Study Guide
  - Fact-Checking eBook Content of Praxis Pe Study Guide
  - Distinguishing Credible Sources



13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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