

Content

Muscle

-Type I/multitasker -twitch muscle-fibers are needed for endurance activities like long-distance running and cycling, and need more aerobic energy.

Type II/performance twitch muscle fibers need fast oxygen and are used in short-term, maximum force exertion like sprinting, jumping, and weight lifting.

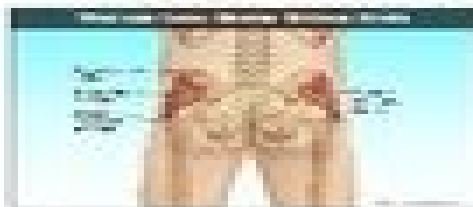
resistance and weight training increases muscle fiber size, and strengthens and thickens connective tissues, resulting in larger muscle and great muscular strength and endurance.

Crackles: inner thigh muscle that runs between the pelvic bone and the iliac spine bone.

Gluteoemimus-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. Extent 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.

Physical Education Content And Design Study Guide

**Stephen J. Silverman, Catherine D.
Ennis**



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Table of Contents Physical Education Content And Design Study Guide

1. Understanding the eBook Physical Education Content And Design Study Guide
 - The Rise of Digital Reading Physical Education Content And Design Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Physical Education Content And Design 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 Physical Education Content And Design Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Physical Education Content And Design Study Guide
 - Personalized Recommendations
 - Physical Education Content And Design Study Guide User Reviews and Ratings
 - Physical Education Content And Design Study Guide and Bestseller Lists

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