

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.

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. 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

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Mometrix Test Preparation Team

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the Mometrix Test Preparation Team text.

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Table of Contents Physical Education Praxis Study Guide

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

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