

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 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. 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 - landing long jumps
2. Static strength - weight lifting
3. Trunk strength - pole-vaulting
4. Extant flexibility - yoga
5. Dynamic flexibility - speed throws
6. Limb movement speed - javelin throwing
7. Stamina - marathons

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 Praxis Study Guide

Matthew Bowling



Physical Education Praxis Study Guide:

Whispering the Techniques of Language: An Emotional Journey through **Physical Education Praxis Study Guide**

In a digitally-driven earth wherever displays reign supreme and quick communication drowns out the subtleties of language, the profound strategies and emotional nuances hidden within words usually move unheard. Yet, nestled within the pages of **Physical Education Praxis Study Guide** a interesting literary prize blinking with natural emotions, lies an exceptional quest waiting to be undertaken. Written by a talented wordsmith, that charming opus encourages readers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the very material of each word. Within the psychological depths of this moving review, we will embark upon a heartfelt exploration of the book is core styles, dissect its interesting publishing design, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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