

## 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.

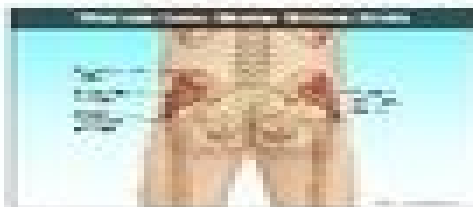
resistance and weight training increases muscle fiber size, and strengthens and thickens connective tissues, resulting in larger muscle and great muscular strength and endurance.

Crackles: inner thigh muscle that runs between the pubic 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 -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

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

1. Understanding the eBook Study Guide Praxis And Pe
  - The Rise of Digital Reading Study Guide Praxis And Pe
  - Advantages of eBooks Over Traditional Books
2. Identifying Study Guide Praxis And Pe
  - 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 Study Guide Praxis And Pe
  - User-Friendly Interface
4. Exploring eBook Recommendations from Study Guide Praxis And Pe
  - Personalized Recommendations
  - Study Guide Praxis And Pe User Reviews and Ratings
  - Study Guide Praxis And Pe and Bestseller Lists
5. Accessing Study Guide Praxis And Pe Free and Paid eBooks
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- Study Guide Praxis And Pe eBook Subscription Services
- Study Guide Praxis And Pe Budget-Friendly Options
- 6. Navigating Study Guide Praxis And Pe eBook Formats
  - ePub, PDF, MOBI, and More
  - Study Guide Praxis And Pe Compatibility with Devices
  - Study Guide Praxis And Pe Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Study Guide Praxis And Pe
  - Highlighting and Note-Taking Study Guide Praxis And Pe
  - Interactive Elements Study Guide Praxis And Pe
- 8. Staying Engaged with Study Guide Praxis And Pe
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Study Guide Praxis And Pe
- 9. Balancing eBooks and Physical Books Study Guide Praxis And Pe
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Study Guide Praxis And Pe
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Study Guide Praxis And Pe
  - Setting Reading Goals Study Guide Praxis And Pe
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Study Guide Praxis And Pe
  - Fact-Checking eBook Content of Study Guide Praxis And Pe
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

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## 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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