

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 -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

Pe Praxis Study Guide

Aspasia Dania, Cláudio Farias

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Social Pedagogy in Physical Education Aspasia Dania,Cláudio Farias,2024-08-27 This is the first book to examine social pedagogy within the

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Anthony Laker, 2012-10-12 This text intended for undergraduates on various education and sport related degree courses covers the key current issues in the field of sociology of sport and physical education The first section of the text covers the importance of sport in culture its theoretical background and methodological issues in research The main body of the text then discusses issues including the sporting body participation and socialisation into sport the hidden curriculum critical pedagogy and sport and the media Laker discusses in depth gender race and ethnicity class and equality and he looks at sport and the media and the involvement of politics The chapters are each rounded off with challenging reflection questions activities and tasks for the reader to fulfill

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