

P.E High School-Basics-Test 1:

- A. active living**
- B. activity-specific motor skills**
- C. body mechanics**
- D. elements of movement**

1. Methods in which an individual moves through various mediums, including buoyancy, motion, levers, force, and balance.
2. A way of life valuing physical activity as an essential part of living; characterized by the integration of physical activity into daily routines and leisure pursuits.
3. Includes the movement concepts (body awareness, space awareness, qualities, relationships), movement skills (locomotor skills, non-locomotor skills, motor abilities, manipulative skills), body mechanics, and activity-specific motor skills that enable the performance of any physical activity.
4. Motor skills specific to a particular activity, such as square dance – do-si-do; soccer – heading; aquatics – front crawl; basketball – chest pass.

- A. fitness components**
- B. locomotor skill**
- C. motor skill**
- D. non-locomotor skill**

5. Variables that indicate fitness levels of individuals, including flexibility, muscular strength, muscular endurance, anaerobic power, and aerobic capacity (cardiovascular endurance).
6. An element of movement; movement that does not involve locomotion, such as bending, curling, holding, lifting, pulling, pushing, stretching, swinging, twisting, and turning.
7. An element of movement; movement from place to place, such as walking, running, hopping, jumping, leaping, skipping, climbing, galloping, rolling, and sliding.
8. Any muscular activity, under voluntary control of the brain, that is directed toward a specific objective.

- A. performance modifiers**
- B. personal functional level of physical fitness**
- C. principles of training**

- 9. In designing a training program, consideration should be given to the following: frequency, overload, duration, specificity, progressions, monitoring, adaptability, overtraining, reversibility, maintenance, and goal-setting
- 10. Possessing fundamental motor skills that allow a learner to participate comfortably and confidently in a selected physical activity.
- 11. Variables affecting performance and level of participation in a physical activity.

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