

# PHYSICAL EDUCATION

## STUDY GUIDE

### PART I.

**DIRECTIONS:** Review the following terms and concepts. Do not try to memorize the definitions, rather think about and understand: 1.) what the concepts mean to you, and 2.) how we have worked on physical fitness in class. Please review with a parent if possible.

**What is wellness?**

- Wellness is a state of excellent health which includes mental, physical, and emotional characteristics or parts. Wellness can be more easily achieved by being physically fit, eating healthy, and getting enough rest (sleep).

**What is physical fitness?**

- Physical fitness is the capacity of the heart, lungs, and muscles to function at optimum efficiency (the human body to work at its best). It is important for health, physical performance, and mental well being. It does not mean that you are the best at a given sport or sport skill.

**What does it mean to be physically fit?**

- Children who are physically fit have sufficient endurance to participate in moderate to vigorous activities without undue fatigue.
- These children can participate longer and play harder than those less fit.
- Children who are physically fit develop a positive attitude toward an active and healthy lifestyle.

# 15physical Education Study Guide

**RS Peters**



## 15physical Education Study Guide:

TEXES Core Subjects EC-6 (391) Book + Online Luis A. Rosado,Ann M.L. Cavallo,Diane M. Lange,Larry P. Nelson,Kathleen C. Tice,Dean Ferguson,Jason Wardlaw,2022-12-21 Targeted Review Covers all five TExES Core Subjects EC 6 391 exams English Language Arts and Reading 901 Mathematics 902 Social Studies 903 Science 904 Fine Arts Health and Physical Education 905 Expert Test Taking Strategies Get practical score raising advice from our Texas based test experts Online Diagnostic Tests Get feedback on where you stand right from the start Topic level score reports pinpoint your strengths and weaknesses and show you where to focus your study 2 Full Length Practice Tests Balanced to include every type of question you can expect on the actual TExES Core Subjects EC 6 391 test so you ll be confident and prepared on test day Book jacket      Resources in Education ,1997      Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office,1968 Includes Part 1 Number 2 Books and Pamphlets Including Serials and Contributions to Periodicals July December      **Journal of Health, Physical Education, Recreation** ,1952      **Chicago Schools Journal** ,1921      **Illinois Schools Journal** ,1920      Readers' Guide to Periodical Literature ,1922      *Bulletin* United States. Office of Education,1959      *American Physical Education Review* ,1925      **Reader's Guide to Periodical Literature Supplement** ,1916 These vols contain the same material as the early vols of Social sciences humanities index      Bulletin ,1960      The Journal of Health and Physical Education ,1935      **California. Court of Appeal (5th Appellate District). Records and Briefs** California (State).,      *Research in Education* ,1974      *The United States Catalog* ,1921      *State Normal School Bulletin* Iowa State Teachers College,1911      **Catalog and Circular** Iowa State Teachers College,1911      Announcement of Teachers College, Columbia University Columbia University. Teachers College,1903      Cumulated Index Medicus ,1967      **Manual Training** Michigan. Department of Public Instruction,1900

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