

# Physical Education Competency Test

## Study Guide

2011 - 2012

### Information on the following topics can be found online in Wikipedia:

- Understand the difference between anaerobic and aerobic systems
- Define resistance training
- Understand the difference between dynamic stretches and static stretching routines
- Explain what functional training is and why it is important
- Explain how the amount of time at an activity needs to be adjusted based on intensity

### Information on the following topics can be found on the links indicated:

- Understand the relationship between weight bearing exercises and bone density  
<http://www.iofbonehealth.org/patients-public/about-osteoporosis/prevention/exercise.html>
- Describe the five components of fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. Give examples of exercises for each of these components and their relationship to overall health.  
<http://www.brighthub.com/health/diet-nutrition/articles/16725.aspx>
- Understand the F.I.T.T. principle and how it applies to each of the five components of fitness  
<http://www.ode.state.or.us/teachlearn/subjects/pe/curriculum/fittprinciple.pdf>
- List injuries that occur around joints and explain the R.I.C.E. principle for first aid  
<http://sportsmedicine.about.com/cs/rehab/a/rice.htm>
- Know the healthy body fat percentages for males and females  
[http://sportsmedicine.about.com/od/fitnessevalandassessment/a/Body\\_Fat\\_Comp.htm](http://sportsmedicine.about.com/od/fitnessevalandassessment/a/Body_Fat_Comp.htm)

Additional information can be found in the Five for Life Advanced manual. The manual can be reviewed in the Kennewick School District curriculum library by contacting Lynette Low, at 222-6593.