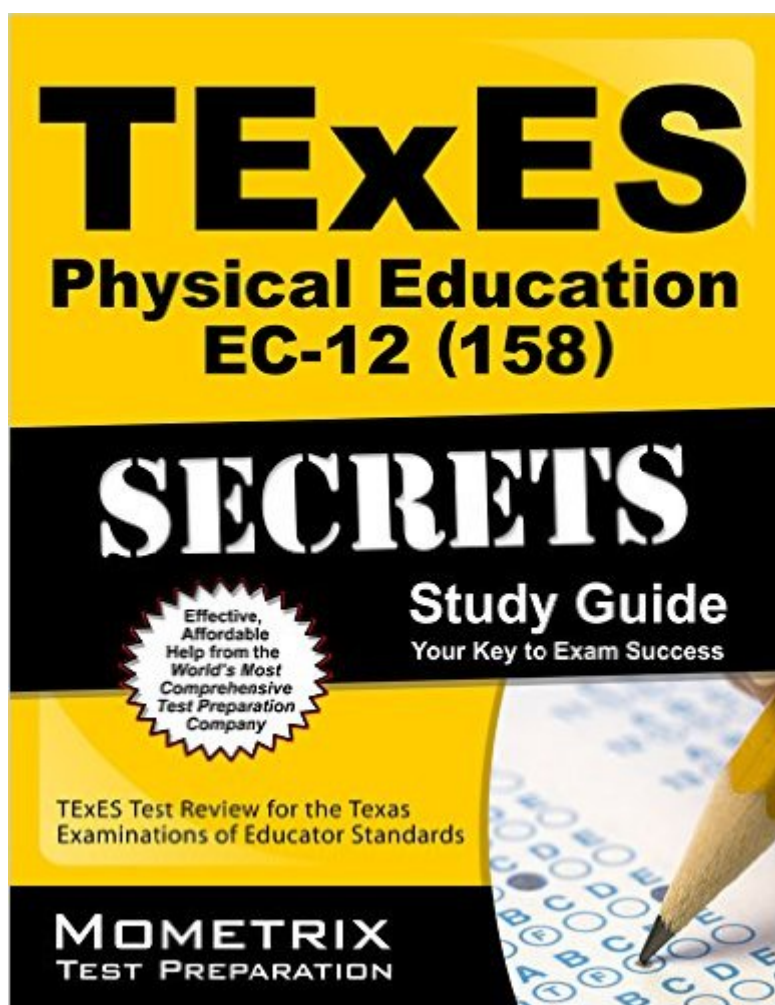


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# TEXES Physical Education EC-12 (158) Secrets Study Guide: TEXES Test Review For The Texas Examinations Of Educator Standards



## Synopsis

\*\*\*Includes Practice Test Questions\*\*\* Get the test prep help you need to be successful on the TExES test. The TExES (158) Physical Education EC-12 exam is extremely challenging and thorough test preparation is essential for success. TExES Physical Education EC-12 Exam Secrets Study Guide is the ideal prep solution for anyone who wants to pass the TExES Physical Education EC-12 exam. Not only does it provide a comprehensive guide to the TExES Physical Education EC-12 exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. TExES (158) Physical Education EC-12 Exam Secrets Study Guide includes: A detailed guide to the TExES Physical Education EC-12 Exam An extensive overview of movement skills and knowledge A breakdown of the health-related physical fitness A complete study of the Physical Education Program Comprehensive practice questions with detailed answer explanations It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the Texas State Board for Educator Certification (SBEC) and Educational Testing Service (ETS) expects you to have mastered before sitting for the exam. The Movement Skills and Knowledge section covers: Motor development timeline Motor ability assessments Locomotor movements Nonlocomotor movements Manipulative movements Body part movements Gymnastics Dance Aerobic circuit training Invasion games The Health-Related Physical Fitness section covers: Exercise and muscles Nutrition and exercise Exercise-related injuries Different kinds of strength Muscles of the body Bones of the body Health CDC findings Drug abuse Infectious disease The Physical Education Program section covers: Physical education Individual psychology Qualified coach Formative assessment AAHPERD Laws Treating various ailments Administering drugs History of physical education Contributing individuals to physical education These sections are full of specific and detailed information that will be key to passing the TExES Physical Education EC-12 exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language. Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual TExES Physical Education EC-12 exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear. We've helped thousands of people pass standardized tests and achieve their education and career goals. We've done this by setting high standards for our test

preparation guides, and our TExES Exam Secrets Study Guide is no exception. It's an excellent investment in your future.

## Book Information

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## Customer Reviews

When I heard I needed to take this test, I wasn't sure what to expect. I didn't know anyone who had taken it before and I was nervous about the types of questions it would hold. I went online to see if there was a discussion forum about the test that I could perhaps enter and get advice. What I found instead, however, was this study guide. Since it was for the exact test I was going to take, I went ahead and bought it. I hoped at the very least it could give me some insight as to what I was in for so I would hopefully know how to study and get ready. What I found was that and much more. The study guide took me through all of the material I needed to know for the test and then it tacked a practice test onto the back. The practice test was the most helpful in seeing what I was going to be in for when the real test came up. The guide even had some secrets to share as far as studying and test taking go. I still can't believe I found a guide that was for the topic I'm studying and the very test I was going to take. It wasn't luck...it was fate!

This is not a mountain of papers for test prep consideration. It is short, sweet, and informative. The best part about this guide is that includes tips for overcoming testing challenges that other guides [won't](#) will not even think to include.

I which I'm copying below: The study guide covers all of the basic information, that one will need to know in order to pass the exam. So far I am very impressed with the material I have read in the guide. I feel very confident that I will pass my exam, because the study guide covers every area of the general knowledge for physical education. Thanks

I think this study guide provided enough of an overview. .. general info to help me pass.. was a good resource for the price.

I feel that the book has been great I did take the test failed by five points so I will study the materials a little more and retest hopefully this time I will pass.

It is very informative.....With Guaranteed results. Who could go wrong. I have the confidence to ACE the test!!!!

I really enjoyed reading this book it has a lot of good points in it also it's a easy read and I have learned a lot

Great book to read! I learned so much from this and love how it helps me prepare for the exam. Thank you!

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