

PHW PE Study Guide

1. Components of First Aid /CPR
2. First Response
3. Emergencies Procedures
4. Sudden Illness Recognition/Response
5. Lifelong Sports Rules and Regulations as listed in Syllabus
6. Major Muscle Groups
7. Weight Training
8. Stretching Activities
9. Swimming
10. Water safety
11. Survival Strokes
12. Badminton
 - Strategies
 - Court Orientation
 - Serving
13. Volleyball
 - General Rules and Regulations
 - Court Dimensions
 - Scoring
 - Serving
14. Tennis
 - Playing Rules
 - Court Dimension
 - Swing Planes
 - Serving/Receiving
15. Golf
 - Clubs

- Playing Rules
- Etiquette
- Course Nomenclature
- 16. Weight Training
 - Safety Protocol
 - Muscles
 - Lifting Techniques
 - How to build an effective routine
 - Stretching
- 17. Swimming
 - Safety Strokes
 - Breathing
 - Pool safety rules
 - Health Benefits
- 18. Running Track
 - Track Orientation
 - Techniques
 - Target Heart Rate
 - Running Efficiency
- 19. Archery
 - Bow Nomenclature
 - History of Sport
 - Technique
- 20. Healthy Living/Lifestyle Topics
 - How to build an exercise routine
 - Diet related to exercise
 - Recovery Phase
 - Benefits of Lifelong Sports/Activities
 - How to build a healthy diet
 - Heart Health

Exercise/Week/Duration/Frequency
Hydration/Calories/Fat
Vigorous vs. Recreational Exercise
Benefits of Stretching
Warm up/Cool down phases
Benefits of Teamwork
Team Building
Positive Participation in Sports and Benefits of
Why Activity is Important
Movement Planes/Spaces
Building Positive Relationships
Caffeine's influence on the body
Benefits of Sports Drinks
Understanding the effects of Sodium