

PHYSICAL EDUCATION 22

CROSSWORD ANSWERS

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What type of muscle fibers does aerobic training chiefly work? Slow twitch muscle fibers are predominantly used during aerobic exercise, such as long-distance running. These fibers contract slowly and have a very high aerobic capacity. As a result, they produce ATP through aerobic glycolysis. These fibers are often referred to as type I.

What is the height in feet of the basket above the floor crossword? Two baskets, one at each end of the court, hang 10 feet above the floor.

What is one of the associations that control track events track events? Over 2,000 years after the earliest Greek track events, in 1912, the International Amateur Athletic Federation (IAAF) was founded to function as the governing body for track and field sports all over the world.

What is the direction of body weight after crossing the hurdle? After you have crossed the hurdle, land so that the body's weight will still be forward, in front of the lead leg. Landing with the weight so far forward can throw a careless runner off balance.

Which muscle fiber type is the largest and produces the most amount of force? Fast-Twitch muscle fibers They can produce a lot more force and power for a short time, but they get fatigued fast.

Which muscle Fibre type does long distance aerobic training mostly use? Type I, or slow-twitch fibers, are seen in high abundance in elite endurance athletes, such as long-distance runners and cyclists.

What is the height of the ring from the basket to the ground? Throughout gyms, parks, and driveways around the world, basketball hoops are almost always 10 feet (3 meters) off the ground. Some leagues for young children play on shorter hoops, but from junior high schools through the professional leagues, the game is played on hoops of the standard 10-foot height.

How many feet is the basket above the floor? The baskets are always 3.05 meters (10.0 ft) above the floor (except possibly in youth competition). Basketball courts have a three-point arc at both baskets. A basket made from behind this arc is worth three points; a basket made from within this line, or with a player's foot touching the line, is worth 2 points.

What is an enclosed place where you park a car? A multistorey car park (Commonwealth English) or parking garage (American English), also called a multistorey, parking building, parking structure, parkade (mainly Canadian), parking ramp, parking deck, or indoor parking, is a building designed for car, motorcycle, and bicycle parking in which parking takes place on ...

Is an adversary with the blank and blank to undertake any actions? An adversary must have intent and capability to undertake any action detrimental to the success of our activities or operations.

What is another name for a track and field event? In British English the term athletics is synonymous with American track and field and includes all jumping events. Outside of Canada and the United States, athletics is the official term for this sport with 'track' and 'field' events being subgroups of athletics events.

What is a track session? Track Session means a private motor or motorcycle sport training session including a 20-minute drive on the Track in one's own/chosen car or motorcycle, or 1 lap on the Track in one's own car/chosen vehicle.

What is the first leg over the hurdle called? The first leg over the hurdle is called the 'lead leg' and the second leg over is called the 'trail leg'. Lead leg – straight up (bent knee raised to chest), straight out (extend the leg over the hurdle), straight down over the hurdle (plant the foot on the other side of the hurdle).

What are the names we give to our legs when we hurdle? The lead leg is the leg that goes over the hurdle first and should remain fairly straight. Upon crossing over the hurdle barrier, the runner's lead leg snaps down quickly landing roughly 1 metre (3 feet) beyond the hurdle. The trail leg follows the lead leg.

How many steps away from the hurdle should the takeoff begin? The hurdle race begins with driving strides. These driving strides are strong steps with less than maximal frequency, and should give the athlete the same sensation one gets when sprinting uphill. Takeoff Location. Boys should takeoff 7 feet from the hurdle, while girls should take off 6'6" from the hurdle.

What type of muscle fiber uses aerobic energy? Type 1: Slow oxidative (SO) fibers contract relatively slowly and use aerobic respiration (oxygen and glucose) to produce ATP. They produce low power contractions over long periods and are slow to fatigue.

Which muscle fibers use aerobic mechanism? The three types of muscle fiber are slow oxidative (SO), fast oxidative (FO) and fast glycolytic (FG). SO fibers use aerobic metabolism to produce low power contractions over long periods and are slow to fatigue. FO fibers use aerobic metabolism to produce ATP but produce higher tension contractions than SO fibers.

Which type of muscle fibers are engaged in aerobic exercise? If your intensity gets too high, like with high-intensity interval training or weightlifting to your maximum, your fast-twitch fibers will take over. "Slow-twitch muscle fiber exercises are aerobic exercises," says Lawton. "These activities are great for your cardiovascular health."

Which muscle fibers are best for aerobic respiration? Slow oxidative (also called slow twitch or Type I) fibers contract relatively slowly and use aerobic respiration (oxygen and glucose) to produce ATP. Fast oxidative (also called fast twitch or Type IIa) fibers have relatively fast contractions and primarily use aerobic respiration to generate ATP.

The Metropolitan Revolution: How Cities and Metros Are Fixing Our Broken Politics and Fragile Economy

In his groundbreaking book, "The Metropolitan Revolution," Bruce Katz argues that the future of our democracy and economy lies in metropolitan areas. Cities and metros are not just engines of growth, Katz argues, they are also laboratories of innovation and incubators of civic engagement. They are where people from all walks of life come together to solve problems and build a better future.

But our metropolitan areas are also facing serious challenges. Katz identifies three key challenges:

- **Economic inequality:** The gap between the rich and the poor is growing, and it is particularly pronounced in metropolitan areas.
- **Political polarization:** Cities are becoming increasingly divided along political lines, which is making it difficult to address the challenges we face.
- **Environmental degradation:** Cities are major contributors to greenhouse gas emissions, and they are also vulnerable to the effects of climate change.

Katz argues that we need a "metropolitan revolution" to address these challenges. This revolution must be based on a new understanding of the role of cities and metros in our society. We need to recognize that cities are not just places where people live and work, but also where they come together to solve problems and build a better future.

Here are some questions and answers about the key points of Katz's book:

- **Q: What is the "metropolitan revolution"?**

A: The metropolitan revolution is a shift in our understanding of the role of cities and metros in our society. It is a recognition that cities are not just places where people live and work, but also where they come together to solve problems and build a better future.

- **Q: What are the key challenges facing metropolitan areas?**

A: The key challenges facing metropolitan areas include economic inequality, political polarization, and environmental degradation.

- **Q: What is the solution to these challenges?**

A: Katz argues that we need a "metropolitan revolution" to address these challenges. This revolution must be based on a new understanding of the role of cities and metros in our society. We need to recognize that cities are not just places where people live and work, but also where they come together to solve problems and build a better future.

- **Q: What are some of the specific policies that we can implement to promote the metropolitan revolution?**

A: Katz proposes a number of specific policies that we can implement to promote the metropolitan revolution, including:

- * Investing in affordable housing
- * Expanding public transportation
- * Creating new economic opportunities
- * Promoting civic engagement
- * Addressing climate change

- **Q: What is the future of the metropolitan revolution?**

A: Katz believes that the metropolitan revolution is just getting started. He argues that cities and metros are the key to solving the challenges we face, and that we need to invest in them if we want to build a better future for ourselves and our children.

The E-Myth Revisited: Why Most Small Businesses Don't Work

In his groundbreaking book, "The E-Myth Revisited," Michael Gerber revolutionized the way small businesses are approached and operated. Gerber argues that most small businesses fail because they are built on the "E-Myth," or the Entrepreneurial Myth, which perpetuates the idea that successful businesses rely solely on the technical expertise of the founder.

What is the E-Myth?

The E-Myth is the belief that:

- A small business should be centered around the owner's technical skills.
- The owner should be the "doer" who handles all aspects of the business.
- As the business grows, the owner will simply hire more "doers" to handle the workload.

Why the E-Myth is Wrong

Gerber argues that this approach is flawed because:

- It ignores the need for a clear business plan and systems.
- It fails to create a scalable business that can grow beyond the founder's capabilities.
- It leads to the owner becoming overwhelmed, overworked, and potentially burnt out.

Overcoming the E-Myth

To overcome the E-Myth, Gerber proposes a three-step process:

- **Entrepreneur Phase:** Focus on developing a clear business plan, systems, and marketing strategies.
- **Manager Phase:** Delegate tasks to qualified employees and manage the business from a higher level.
- **Technician Phase:** Continue to perform technical work only as necessary, while overseeing the overall operations.

Key Questions and Answers

- **Q: What are the biggest challenges small business owners face?**
- **A:** Lack of planning, ineffective systems, and a failure to delegate.
- **Q: How can I tell if my business is built on the E-Myth?**

- **A:** If you feel like you're always working "in" the business, rather than "on" the business, you may be trapped in the E-Myth.
- **Q: How do I overcome the E-Myth?**
- **A:** Follow Gerber's three-step process, focusing on planning, systems, delegation, and developing a scalable business model.
- **Q: Is it possible to succeed as a small business owner without technical skills?**
- **A:** Yes, by leveraging the skills of employees and focusing on building a solid business foundation.
- **Q: What are the benefits of overcoming the E-Myth?**
- **A:** Increased scalability, reduced stress, and the potential for greater financial success and personal fulfillment.

Styli and Accessories for Mitutoyo Measuring Instruments

Mitutoyo offers a wide range of styli and accessories for their measuring instruments, enabling users to customize their instruments to meet specific measurement requirements. These styli and accessories provide enhanced measurement capabilities and increased versatility.

What are Styli?

Styli are small, pointed probes that are attached to the measuring instrument and make contact with the workpiece being measured. They come in different shapes and sizes to accommodate various measurement tasks.

What Accessories are Available?

In addition to styli, Mitutoyo offers a range of accessories that enhance the functionality of their measuring instruments, including:

- **Stylus holders:** Securely hold styli in place and prevent them from bending or breaking.
- **Extension rods:** Extend the reach of styli, allowing for measurements in deep recesses or narrow spaces.
- **Rotators:** Allow styli to be rotated for precise alignment during measurement.

How to Choose the Right Styli and Accessories?

The choice of styli and accessories depends on the measurement task and workpiece characteristics. Considerations include:

- **Measurement type:** Different styli are designed for different measurement types, such as point-to-point, surface roughness, and contour measurement.
- **Workpiece material:** Styli are made of various materials to withstand different types of workpieces, such as steel, plastic, or glass.
- **Measurement environment:** Accessories like stylus holders and extension rods help protect styli in harsh environments or extend their reach in confined spaces.

Benefits of Using Styli and Accessories

- Improved measurement accuracy and precision
- Increased versatility and measurement capabilities
- Enhanced durability and protection of styli
- Compatibility with a wide range of Mitutoyo measuring instruments

By choosing the right styli and accessories for their specific measurement needs, users can optimize the performance and capabilities of their Mitutoyo measuring instruments to obtain accurate and reliable measurement results.

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