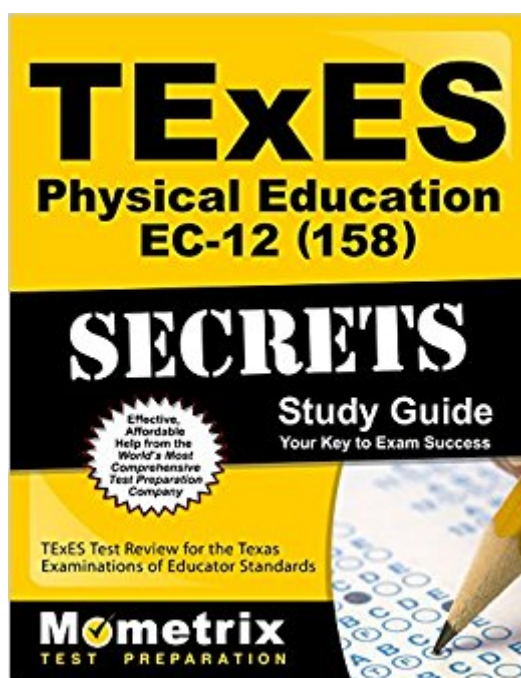


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# TEXES Physical Education EC-12 (158) Secrets Study Guide: TEXES Test Review For The Texas Examinations Of Educator Standards



## Synopsis

This TExES Physical Education EC-12 study guide includes TExES Physical Education EC-12 practice test questions. Our TExES Physical Education EC-12 study guide contains easy-to-read essential summaries that highlight the key areas of the TExES Physical Education EC-12 test. Mometrix's TExES Physical Education EC-12 test study guide reviews the most important components of the TExES Physical Education EC-12 exam. The TExES Physical Education EC-12 (158) is extremely challenging and thorough test preparation is essential for success. TExES Physical Education EC-12 (158) 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 Physical Education EC-12 (158) Secrets Study Guide includes:

- A thorough overview of the TExES Physical Education EC-12 (158)
- A breakdown of movement skills and knowledge
- An in-depth look at health-related physical fitness
- A guide to the physical education program

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) expects you to have mastered before sitting for the exam. The Movement Skills and Knowledge section covers:

- Torque Sports
- Manipulative movement skills
- People with disabilities

The Health-Related Physical Fitness section covers:

- Major human body systems
- Exercise science principles
- Improving body composition
- Durations and intensities of aerobic activity

The Physical Education Program section covers:

- Legal aspects of equipment and class organization
- Manipulative movement activities involving throwing
- Issues challenging education in general
- Standardized vs. authentic assessments

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 Physical Education EC-12 Exam Secrets Study Guide is no exception. It's an excellent investment in your future. TExES Physical Education EC-12 test prep book that provides a comprehensive review for the TExES Physical Education EC-12 test. TExES Physical Education EC-12 exam prep that will help you elevate your TExES Physical Education EC-12 test score. TExES Physical Education EC-12 study manual that will reduce your worry about the TExES Physical Education EC-12 exam. TExES

Physical Education EC-12 review book that will help you avoid the pitfalls of TExES Physical Education EC-12 test anxiety. TExES Physical Education EC-12 practice test questions and much more...

## Book Information

Paperback: 152 pages

Publisher: Mometrix Media LLC; Pap/Psc edition (February 14, 2013)

Language: English

ISBN-10: 1610729617

ISBN-13: 978-1610729611

Product Dimensions: 8.2 x 0.5 x 10.9 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 42 customer reviews

Best Sellers Rank: #204,798 in Books (See Top 100 in Books) #44 in [Books > Education & Teaching > Higher & Continuing Education > Test Preparation > Professional > Teaching](#) #318 in [Books > Education & Teaching > Higher & Continuing Education > Test Preparation > Professional > Professional](#) #923 in [Books > Education & Teaching > Studying & Workbooks > Study Guides](#)

## Customer Reviews

A TExES Study Guide Unlike Any OtherIf you'd like to get the TExES score you deserve, to quit worrying about whether your score on the TExES is "good enough," and to beat the test taking game, then this might be the most important message you read this year. Our comprehensive study guide for the TExES is written by our TExES experts, who painstakingly researched the topics and the concepts that you need to know to do your best on the TExES. Our original research into the Texas Examinations of Educator Standards (TExES), offered by the Texas State Board for Educator Certification (SBEC) and Educational Testing Service (ETS), reveals the specific content areas and the essential skills that are critical for you to know on the TExES. We've taken the information and developed a study guide that is guaranteed to help you be successful on the TExES. Regardless of which TExES test you have to take- you have come to the right place. Here you will find everything you need to know in order to be successful and get your certification. Now, we know you may be skeptical, so let us give you three good reasons we can back up what we claim: The Three Reasons To Believe What We Say The First Reason: Our company's name is Mometrix Test Preparation, and we have a team of standardized test researchers who have worked on developing our study guide

for the TExES. The standards for who gets to work on the team are very strict- we demand the best for our customers, and only those who met our exacting standards made the cut. The dedicated research staff have years of combined experience in mastering the content and skills necessary to succeed on the toughest exams.

**The Second Reason:** Some academic studies have revealed that test takers do not really benefit from the traditional test preparation process. But we knew there had to be a solution- if test takers were not doing well on the TExES despite high intelligence, there had to be a set of secret keys to the test that would open the door of success for these test takers. We believe we have succeeded in finding the secret keys of the exam. What we found was surprising, and in some cases ridiculously simple once explained to the average test taker. We put the findings together in a thorough, concise study guide that we believe allows any test taker, at any skill level, to improve his or her results dramatically with a minimum of effort.

**The Third Reason:** We created the product in part because we were frustrated by the options available to test takers who really wanted to do well on the TExES. A common approach is to TEACH the material, instead of TEACHING THE TEST. That's not necessarily good enough for the TExES- you have to know how to apply the knowledge. Most test takers already have a general knowledge of the material that will be covered on the exam. One reason some test takers do well on the day of the test is that they have made the critical connection between the material they learned and how to use the material to succeed on the TExES. Our guide addresses the difference between merely knowing the material and knowing how to use the material to perform on test day. You're going to save time, money, and aggravation. You'll learn to avoid the mistakes and the bad strategies that you've been vulnerable to. --Just for starters, here are some ways our product can help your score on the TExES...

**The Exclusive Test Taking Techniques** Explains how the TExES time limits are the #1 enemy of most test takers, and what you can do about it- You avoid falling into the many "time traps" built into the test, giving you an immeasurable advantage over those who go into the test unaware. Shows you super speed methods to get through the questions you know with ease- Saving you time so you concentrate on the hardest questions without rushing. Get quick, customized help for the questions you have- just send us a quick email and we'll get back to you promptly with the answer. Keys to questions that "give away" the wrong (or right) answers- You get credit for some of the questions without really even knowing anything about them.

**Details the EXACT STUDY PLAN** for the TExES that we believe gives the most results in the least time- No matter if you're studying for a week or a month, you won't waste the precious study time you have on useless activities. Our researchers are more than just academic theoreticians who understand the technical nature of standardized tests, but are also experts on test taking itself- they reveal the exact skills and the information you'll need to perform

under pressure during the test. A systematic analysis and the best breakdown into "plain language" of how to deconstruct and master complex problems- You turn the problems that most of the test takers will stumble over to your advantage. Learn why, when, and how to guess to your advantage. Many test takers use exactly the wrong strategy, but you can avoid the pitfalls with the help of our standardized test experts. The secret keys that "give away" the right answer a lot of the time- You know the special "flags" and the specific "giveaways" to look for. Includes instructions detailing the best way for you to get started with your preparation efforts so you can begin the path of improving your scores immediately. The most efficient and accurate method for picking the right answer- You won't be scratching your head trying to read the mind of the test question writer, but will instead know exactly what to look for to pick the best answer. Our quick problem solving method for difficult problems- You speed right through these notorious time-wasters. Courteous, unlimited customer service is 100% free- if you need the product emailed to a different address, lose the product, or have any other difficulty- the help you need is just a short email away and our representatives are active 7 days a week helping customers. The research of our team of test experts is 100% independent and original. Our exclusive "calibration strategy" to help you never go too fast OR too slow when answering even the toughest questions. The 5-step process we've developed, what we call the "phased" approach, concerning the use of the various study aids and practice tests. How the problem of procrastination can kill your chance of success, and the most important thing you can do about it. How to know when you've studied as much as you need to for the exam- and the reason why we think some people should spend LESS time studying for the test. The Top 20 things you should take care of within 24 hours of taking the test- use the list we provide as a checklist to make sure you've taken care of the "little things" in addition to studying hard. How to predict the right answer before you see the answer choices- and how to prevent the wrong answers from "polluting" your mind and tempting you into a trap designed by the test writers --Why answers that "sound" correct are often the very ones that are wrong- and how to tell the difference between the right answer and the many clever-sounding traps set for you by the test writers. Do you know what a "hedge phrase" is? Learn why looking for the key "weasel words" in the question can help identify the correct answer. Why "new information" in the answer choices almost always means that the answer choice is wrong- and the way to avoid this trick planted by the clever test writers. Learn to avoid this time-draining mistake on the test - why the technical terms you don't know can be a major stumbling block and waste precious time, and the way that you can work around them. The secret to using the contextual clues in the questions and the answer choices to make important distinctions between the right and the wrong answer choices. The two situations where you should NOT check

your answers thoroughlyHow to avoid careless mistakes by using the quick "double check" system. It will more than pay for itself relative to the time it will take youTest writers will often quote directly from the question in an answer- learn whether this is something you should trust or avoidWhy "extreme statements" in the answer choices are dead giveaways for wrong answers- find out how to detect the subtle differences between reasonable answers and the answers that are almost always wrongLearn how to group your answer choices into "families" that often narrows down the pool of correct answers- this is a quick way to immediately eliminate one or two of the answer choices and increase your odds of getting the question rightNow, you're probably wondering how and why we can do all the things we claim.Let us explain.Before we go any further, let us clarify what TExES Secrets is not. It is not a stale rehash of all of the things you have already learned in the past.TExES Secrets is our exclusive collection of the tips and the information that we have specially selected to give you the best results on the TExES for the least time spent studying. It's written in everyday language and is easy to use.We cover the 5 essential skills necessary to do well on the TExES, plus a comprehensive review covering your specific TExES test.Don't take our word for it. Listen to what our customers say about other Mometrix test preparation products.I purchased the Secrets file, and I just wanted to let you know that I got a 99% on my test. I just want to thank you again, and hope you have continued success in your ventures. Sincerely, Paul L.My name is Chris. I used the Secrets study guide for five days. The study guide made the test so easy to understand. Like you said this program is worth 100's of dollars. To me 1,000's!! THANKS, Chris G.I just had to thank you guys for the test prep! I bought the guide as a last minute prep, I mean maybe 5 hours before the test. Like I said, I had ZERO preparation! I was nervous about the test let alone receiving the score I needed. I read the guide through only once before test time and needless to say, the only way I passed was thanks to your refresher!! BrianJust dropping you a note to let you know that I am completely satisfied with the product. I had already taken the test once and landed in the 75 percentile of those taking it with me. I took the test a second time and used some of your tips and raised my score to the 97 percentile. Thanks for my much improved score. Denise W.I heard about your website from a friend. I am enrolled in a review course, and in hindsight, I wish I wouldn't have taken my review course and instead spent a fraction of the money on your program. Thank you! Zac L.You get at least 10 times your money's worth! --When you consider what's at stake with the exam, we believe the value of our study guide gives you at least ten times your money's worth.

I studied hard for this exam using this book. I read this entire book 3 times before sitting the exam yesterday. Sadly I must admit that only about 10% of the book's content came in the exam. Luckily I

think that I did enough to pass (I will know for sure in 4 weeks) since I have 10 years teaching Physical Education in another region. If you study using this book alone without any Physical Education teaching experience you will be grossly unprepared.

I have taken five educator tests and passed them all. Every time I used the leading competition for Mometrix. I got this test prep book thinking all test prep books would be pretty much the same. I was wrong. This may not be an indictment of the whole company, but they have a lot of work to do on this copy in their next edition. The early pages(10-12) were esoteric in language, so much so, that I had difficulty understanding the jargon. I thought it showed a coach who wanted to add intellectual gravitas to their much-maligned field. After this first ten pages there was still no organization. Less than 40 of the test prep questions in the practice test had answers in the material meaning that this book doesn't give me all the information I need for the test (likely) OR that the questions are badly written (also likely). And the explanations aren't very good either. If I got one wrong I dutifully looked in the back for an explanation and found the snippet very unhelpful, unsatisfying. Finally there was no index for me to cross check material in the book to questions and answers in the practice test. Since hardly any of the questions are answered in the materials I guess this was by design.

I really like format and set up of this book. The font is perfect. I also like the practice test with explanations. A good company, fast shipping, and good customer service!

So far this product includes most of the key points that I feel i struggled with in the exam. The key points are listed and in bolded text to find quicker. Great product so far.

This study guide was so unorganized and repetitive! The flow of content made no sense going from volleyball rules to how to give feedback, to teaching in extreme environments... There were way too many typos also. I don't know how this got more than 2-3 stars. There is a practice test after 84 pages of repetitive, unorganized information.

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

Great book.Passed my exam.Get it! ⭐⭐⭐⭐⭐

Love the practice tests, but the actual material was hard to read and stay focused. I wish it was broken down a little more. Taking my test next week.

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