



# MTTC Physical Education (44) Test Secrets Study Guide: MTTC Exam Review for the Michigan Test for Teacher Certification

*MTTC Exam Secrets Test Prep Team*

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**\*\*\*Includes Practice Test Questions\*\*\***

**Get the test prep help you need to be successful on the MTTC Physical Education test.**

The MTTC Physical Education (44) Test is extremely challenging and thorough test preparation is essential for success. *MTTC Physical Education Exam Secrets Study Guide* is the ideal prep solution for anyone who wants to pass the MTTC Physical Education Exam.

Not only does it provide a comprehensive guide to the MTTC Physical Education Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

*MTTC Physical Education (44) Test Secrets Study Guide* includes:

- A thorough review of the MTTC Physical Education Test
- A guide to physical activity, fitness, and health
- An in-depth look at movement and lifelong physical activities
- An analysis of growth, development, and learning
- A breakdown of planning, instruction, and assessment and management, motivation, and communication
- An examination of foundations, reflection, and professional collaboration
- 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 Michigan Department of Education (MDE) expects you to have mastered before sitting for the exam.

**The Physical Activity, Fitness, and Health section covers:**

- Exercise and muscles
- Speed workouts
- Exercise and the heart
- Muscles of the body
- Health
- CDC findings

**The Movement and Lifelong Physical Activities section covers:**

- Motor ability assessments
- Locomotor movements
- Manipulative movements
- Body part movements
- Gymnastics

- Dancing
- Sports

**The Growth, Development, and Learning section covers:**

- Motor development timeline
- Open-loop motor control theory
- Gender, body structure, and motor performance
- Body systems

**The Planning, Instruction, and Assessment and Management, Motivation, and Communication section covers:**

- Physical education
- Class participation
- Formative assessment
- AAHPERD
- Treating various ailments

**The Foundations, Reflection, and Professional Collaboration section covers:**

- Laws
- 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 MTTC Physical Education 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 MTTC Physical Education 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 *MTTC Physical Education Exam Secrets Study Guide* is no exception. It's an excellent investment in your future.

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