

**Praxis® Physical Education: Content Knowledge 5091 &
Praxis® Physical Education: Content and Design 5095
Resource List**

Below, we have listed some resources recommended by our physical education test specialists that may be helpful in brushing up on the topics covered on the test. These resources were recommended because they are particularly relevant to the type of material covered by the test; however, please note that the test is not based on these resources and that they do not necessarily cover every topic that may be included in the test.

- *Children Moving* by Graham – a key textbook
- *Muscles: Testing and Function* by Kendall/McCrary/Provance
- *Principles of Anatomy and Physiology* by Tortora and Grabowski
- *Exercise Physiology* by Powers and Howley
- *Exercise Physiology: Energy, Nutrition, and Human Performance* by McArdle/Katch/Katch
- *Dynamic Physical Education* by Dauer and Pangrazi
- *Kinesiology* by Luttgens and Hamilton
- *Fundamental Motor Patterns* by Wickstrom
- *Sport Skills* by Seidel/Biles/Figley/Newman
- *Physical Education* by Siedentop
- *Developmental Movement Experiences for Children* by Gallahue