



WEST-E Health/Fitness (029) Secrets Study Guide: WEST-E Test Review for the Washington Educator Skills Tests-Endorsements (Mometrix Secrets Study Guides)

WEST-E 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 WEST-E Health/Fitness test.

The WEST-E Health/Fitness (029) Exam is extremely challenging and thorough test preparation is essential for success. **WEST-E Health/Fitness Exam Secrets Study Guide** is the ideal prep solution for anyone who wants to pass the WEST-E Health/Fitness Exam.

Not only does it provide a comprehensive guide to the WEST-E Health/Fitness Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

WEST-E Health/Fitness (029) Exam Secrets Study Guide includes:

- A thorough and detailed overview of health and fitness skills for educators in Washington
- A review of growth, development, safe living and consumer skills
- A guide to motor skills, movement activities and physical fitness in everyday life
- 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 Professional Educator Standards Board (PESB) expects you to have mastered before sitting for the exam.

The Growth, Development, Safe Living and Consumer Skills section covers:

- Nutrients
- Evaluating foods
- Exercise
- Psychosocial development
- Alcohol
- Tobacco and nicotine
- Drug dependence
- Basic first-aid
- Aging
- Pollution
- Medical assistance
- Health insurance
- Infection
- Sexually transmitted diseases
- Cardiovascular health

- Sexuality

The Motor Skills, Movement Activities, and Physical Fitness in Everyday Life section covers:

- Manipulative movements
- Nonlocomotor movements
- Body movements
- Theories of motor control
- Motor performance
- Exercising muscles
- Muscle strength
- Skeletal system
- Nervous system
- Ligament
- Biomechanics
- Dance
- Sports

These sections are full of specific and detailed information that will be key to passing the WEST-E Health/Fitness 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 WEST-E Health/Fitness 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 ***WEST-E Health/Fitness (029) Exam Secrets Study Guide*** is no exception. It's an excellent investment in your future.



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