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/McCrery/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