

Final Exam

Ms. Barlow
Physical Education 7-12

Question 1.

In Women's Lacrosse, checking is allowed

- A. Whenever the opponent has the ball in their stick.
- B. Only in the "Sphere"
- C. Outside the "Sphere" only.
- D. From any angle.

Question 2.

2. Which of the following statements is TRUE?

- A. Women's and men's lacrosse have the same rules
- B. Women's Lacrosse has several rules about Checking.
- C. Men's Lacrosse requires NO padding or protective headgear.
- D. In Women's Lacrosse there is No Goalie.

Question 3.

The game starts with a

- A. Center Pass
- B. Pass back
- C. Draw
- D. Goalie Clear

Question 4.

Lacrosse is similar to Basketball in what way?

- A. Teams run set "Plays" in order to create scoring opportunities.
- B. They both have a point guard
- C. The game starts with a jump ball
- D. There are 12 players on the field at a time for each team.

Question 5.

The position that requires the most speed, agility, strength and both offensive & defensive skills & knowledge is

- A. Goalie
- B. Cover point
- C. 1st Home
- D. The Center position

Question 6.

The purpose of the 1st Home taking the ball behind the cage during the game is to do what?

- A. To score a goal
- B. To wait for her teammates to set up a play and create a scoring opportunity.
- C. To pass the ball to her teammates.
- D. To draw the defense away from the goal.

Question 7.

Five (5) whistle blows signifies

- A. An emergency
- B. Draw down
- C. Stop shooting
- D. All of the above

Question 8.

Two whistle blows signifies what?

- A. An emergency
- B. Get arrows
- C. Get Bow
- D. Draw down

Question 9.

When pulling the string back, one should always

- A. Use two (2) fingers
- B. Use three (3) fingers
- C. Keep the string in the "Archer's groove" of the middle finger.
- D. B and C

Question 10.

You should line the bow string up with what part of your middle finger?

- A. Your middle knuckle
- B. Anchor point
- C. Archer's groove
- D. The tip

Question 11.

When playing doubles in badminton, the sidelines are always

- A. Black
- B. Yellow
- C. The inner double line
- D. The line closest to the posts

Question 12.

A type of hit that travels in a straight line and fast directly towards your opponent is called what?

- A. Drive
- B. Clear
- C. Drop Shot
- D. Hairpin

Question 13.

If your opponent tries to return your shot with a hairpin and it goes well above the net, you should return it with a

- A. Spike
- B. Smash
- C. Clear
- D. Hairpin

Question 14.

Which strategy below is an OFFENSIVE strategy? (A way in which you could potentially win the serve back)

- A. Playing Front & Back w/ your partner
- B. Seeing the birdie & hitting it back
- C. Smashing everything
- D. Letting your partner serve first

Question 15.

A healthy blood PRESSURE reading is

- A. 200/180
- B. 50 beats per minute
- C. Less than 25
- D. Less than 130/80

Question 16.

The best time to take your Resting Heart Rate is,

- A. After exercise
- B. Before exercise
- C. Before you get out of bed in the morning.
- D. 20 minutes after exercise

Question 17.

Which of the answers below would NOT be a possible cause of elevated or high blood pressure?

- A. exercise
- B. smoking
- C. caffeine
- D. alcohol

Question 18.

A good rule of thumb when trying to achieve a cardiovascular workout is to do what?

- A. Run as long as you can at any pace.
- B. Walk for 20 min
- C. Double your heart rate for 30-45 min.
- D. lift as much weight as you can

Question 19.

If your Doctor tells you that you have high cholesterol, what should you do first?

- A. start exercising
- B. change your diet
- C. begin medication
- D. drink more whole milk

Question 20.

The "Eliptical Trainer" machine is used for what type of work-out?

- A. Cardiovascular
- B. Muscle strength
- C. Muscle endurance
- D. Both A & C

Question 21.

The purpose of the PACER Test is to measure one's

- A. Flexibility
- B. Cardiovascular Fitness
- C. Height & Weight
- D. Upper body strength

Question 22.

Running on the Track or the Treadmill is what type of exercise?

- A. Flexibility
- B. Cardiovascular
- C. Muscle Strength
- D. Muscle endurance

Question 23.

Which of the answers below is a BENEFIT of flexibility?

- A. Able to do daily activities w/ out pain
- B. More mobility in your joints
- C. Less chance for injury
- D. All of the above

Question 24.

When is the best time to stretch your muscles?

- A. After a brief warm up
- B. Before any exercise
- C. Before and after exercise
- D. None of the above

Question 25.

There are two different types of cholesterol in your body (HDL and LDL) which one is the "good" cholesterol?

- A. LDL - low density lipids
- B. HDL - High density lipids

Question 26.

How does the Doctor check your cholesterol?

- A. By listening to your heart
- B. By feeling your pulse
- C. By taking a blood sample
- D. Using a stethoscope

Question 27.

Which numbers below represent a healthy cholesterol reading?

- A. 40/100
- B. 100/80
- C. 130/80
- D. 100/40

Question 28.

Which number below represents a healthy BMI (Body Mass Index)?

- A. 31
- B. Between 50 & 100
- C. > 25 (greater than)
- D. < 25 (less than)

Question 29.

When taking your blood pressure the doctor or nurse would use what instruments?

- A. A blood pressure cuff
- B. A stethoscope
- C. A thermometer
- D. A stethoscope and a blood pressure cuff.

Question 30.

What number(s) below represent a healthy blood pressure?

- A. 150/90
- B. 120/70
- C. 200/40
- D. 60-100

Question 31.

The most often called foul in Field Hockey is

- A. Shooting space
- B. Obstruction
- C. Advancing
- D. Checking in the Sphere

Question 32.

In Field Hockey if a defensive player advances the ball with their body or foot inside the circle the resulting call is

- A. A penalty Stroke
- B. A goal
- C. A 16yd hit awarded to the defense
- D. A corner awarded to the Offense

Question 33.

A field hockey goalie is allowed to catch the ball with their hands

- A. True
- B. False

Question 34.

How many players from one team are allowed on a field hockey field at a time (including the goalie)

- A. 12
- B. 11
- C. 8
- D. 7

Question 35.

What type of scoring is used in Volleyball?

- A. Tally Scoring
- B. Single Serve
- C. Rally Scoring
- D. Volleying

Question 36.

The purpose of the "Set" in volleyball is to...

- A. To set up your opponent
- B. To Pass the ball to your teammate
- C. To return the serve
- D. Get the ball high and close to the net to spike

Question 37.

How many players from one team are on the court at a time in Volleyball?

- A. 4
- B. 7
- C. 12
- D. 6

Question 38.

In order to be successful in passing (bumping) a volleyball, one should....

- A. swing your arms from low to high
- B. interlock your fingers
- C. keep your elbows bent
- D. contact ball between your wrist & elbow

Question 39.

A Volleyball game is played to 23 points and you must win by 2.

- A. True
- B. False

Question 40.

When your team is Receiving the Serve everyone should be back away from the net

- A. Except the Setter
- B. Except the Spiker
- C. near the service line
- D. near the sideline

Question 41.

Why is it important to know your THR?

- A. So you don't go into cardiac arrest
- B. So you can train for muscle strength properly
- C. So you can attain a good cardiovascular workout.
- D. So you don't pass out

Question 42.

What does THR stand for?

- A. Target Heart Reading
- B. Target Heart Rate
- C. Too High Risk
- D. Treat Her Right

Question 43.

The scientific name for hardening of plaque in your artery walls is

- A. Sphygmonamometer
- B. High Cholesterol
- C. Arteriosclerosis
- D. Atherosclerosis

Question 44.

Your diastolic pressure refers to what?

- A. When your heart valves are closing, pushing blood out
- B. When your heart valves are opening, pushing blood out.
- C. When your heart valves are opening, letting blood in.
- D. When your heart valves are closing, letting blood in.

Question 45.

In order to take your Heart Rate you must

- A. Have two fingers and a clock
- B. use a Stethoscope
- C. First find your pulse
- D. Both A and C

Question 46.

If someone has you in a one arm choke hold from behind what should you do?

- A. Find their pressure point inside their elbow.
- B. Kick into their Knee
- C. Pull down on wrist and push up on elbow
- D. all of the above

Question 47.

What is the best self defense?

- A. Carrying a weapon
- B. Being aware of your surroundings
- C. Showing Self Confidence
- D. Both B and C

Question 48.

What should you do if someone has you in the "Rape" position, laying on your back with their weight ontop of you?

- A. "Shrimp Out" Knees to their chest, Kick out.
- B. Knee them in the groin area
- C. Bring legs up around their neck if possible.
- D. All of the above

Question 49.

Never allow an attacker to take you to a second location, even if they say they have a gun....why?

- A. You will not survive
- B. You will be taken to a more secluded location.
- C. Both B and D
- D. Your chances of being rescued decrease significantly

Question 50.

If your attacker says they have a gun or weapon, you should stop screaming for help and do whatever they say.

- A. True
- B. False