

PHYSICAL EDUCATION FINAL EXAM REVIEW

FITNESS/WEIGHTS

- a) Many repetitions = muscular endurance
- b) Flexibility = range of motion in a joint
- c) Anaerobic = activities that occur in less than 30 seconds and you rely on oxygen storage. Sprinting is an example of an anaerobic activity.
- d) Aerobic = activities that you can do where your heart rate is elevated. Jogging is an example of an aerobic activity.
- e) Major muscles: Triceps, biceps, gastrocnemius, gluteus maximus, abdominals, deltoids, latissimus dorsi, pectorals and trapezius.
- f) Breathing = you exhale during the strength part of the lift.
- g) Reps = the number of times a weight is lifted.
- h) Set = is how many times the exercise is performed. For example you could do your bench press 4 sets of 15 reps each.
- i) Cardiovascular fitness = The ability of the circulatory and respiratory systems to supply fuel (oxygen) to the muscles during exercise.

MISCELLANEOUS

- a) 300 = A perfect game in 10 pin bowling.
- b) 10 = Frames played in a 10 pin bowling game.
- c) Badminton, racquetball and squash are the 3 racquet sports we play in physical education class.
- d) 6 = the points that a touchdown is worth in football.
- e) The line of scrimmage is the line on a football field that indicates if a player is onside or offside.
- f) 3 = the points that a field goal is worth in football.
- g) 1 = the points that a kicked convert is worth in football.

BASKE'TBALL

- a) 8 = the number of seconds to get offensive team has to get the ball over center.
- b) 3 = the number of seconds that an offensive player can be in the key while his team is in possession of the ball.
- c) 5 = the number of seconds to throw the ball inbounds.
- d) 24 = the number of seconds that a team has to shoot the ball once they get possession of it.
- e) 1 = the number of points that a free throw is worth.
- f) 2 = the number of points a field goal is worth from inside the 3 point line.
- g) 3 = the number of points that a field goal made from outside the 3 point line is worth.
- h) The game of basketball begins with a jump ball.
- i) 5 = the number of fouls that a player can get before he/she is out of the game.
- j) Football = when a player intentionally blocks the ball with his/her foot.
- k) Triple threat position = an offensive basketball position where you can easily pass, dribble or shoot from.
- l) 5 = the number of players from each team on the floor during play.
- m) When performing a right handed lay up the player will jump off of his left foot.
- n) Some passes used in basketball include: baseball pass, chest pass, bounce pass, overhead pass and push pass.
- o) Player positions in basketball include: point guard who usually dribbles the ball up the floor, the shooting guard who is a threat to score, the small forward who can shoot and drive, the power forward who can post up and shot and the post who can post up, rebound and block shots.
- p) A foul shot is another name for a free throw.

VOLLEYBALL

- a. There are six players per team on the floor during play.
- b. Volleyball using rally point scoring.
- c. Volleyball matches are usually played as a best of five.
- d. When a volleyball is hard and down by a player it is called a spike.
- e. The ball is good if it hits the net on the serve and goes over.
- f. Only front row players are allowed to block at the net.
- g. You can serve from anywhere behind the end line and inside the side markers.
- h. If a best of five match is tied at two games each and goes to a fifth game then that game is played to 15 points.
- i. A serve with very little or no spin is called a floater or float serve.
- j. Volleyball games are played to 25 points except for the fifth game of a best of five match that is played to 15 points.
- k. The numbering system for volleyball goes by the order of serve. The server is number 1 so the front row players are: 2, 3, 4.
- l. Each team gets 3 hits to return the ball over the net to the other team. A block does not count as a hit.
- m. If the ball touches the antenna during play then it is out of bounds.
- n. The service rotation follows a clockwise rotation.
- o. Volleyball offensive systems are identified by two numbers, the number of hitters followed by the number of setters
eg. 4 – 2, 5 – 1, 6 – 2.

BADMINTON

- a) A game is played to 21 points with rally point scoring and you have to win by 2 points and you can play to a maximum of 29 points.
- b) When a team loses their serve in double play then the serve goes to the other team.
- c) The service court for singles is long and narrow.
- d) The service court for doubles is short and wide.
- e) If you serve into the net then you lose your serve and a point.
- f) If the bird hits the line during play then it is considered in bounds.
- g) In singles and doubles the court you serve from is determined by your score. If your score is even then you serve from the right court and if it odd you serve from the left court. In double the serve alternates between partners once you lose the serve and win it back. When a person is serving then they can serve until they lose their serve.
- h) The main shots in badminton are the: serve, smash, drive, clear and drop shot.
- i) The basic serve for singles is high to the back of the service court.