

Teaching Section 1 – History & Philosophy

1. All of the following are general philosophical positions except:

- *a. Asceticism
- b. Pragmatism
- c. Existentialism
- d. Realism
- e. Idealism

2. The course history shows that people place greater emphasis on physical education programs during:

- a. recessions
- b. good economic times
- *c. wars
- d. depressions
- e. immigrations

3. During Early Modern times, this country first recognized physical education as an important part of the educational system:

- a. France
- b. Russia
- c. Spain
- *d. Germany
- e. The United States

4. The "Golden Age of Sports" in the United States was the:

- a. 1890s

- *b. 1920s
- c. 1950s
- d. 1960s
- e. 1970s

5. The person credited with organizing the modern Olympic games is:

- a. Jean Jacques Rousseau
- *b. Baron Pierre de Coubertin
- c. James Naismith
- d. John Locke
- e. John B. Kelly

6. The professional organization to which most PE teachers affiliate is:

- a. ACSM
- b. NCAA
- c. JOPERD
- d. NATA
- *e. AAHPERD

7. Many early physical education leaders in the US were trained as:

- a. sport coaches
- b. veterinarians
- c. psychologists
- *d. medical doctors
- e. nutritionists

8. The first sport event to be contested intercollegiately in the US was:

- *a. rowing
- b. baseball
- c. basketball
- d. volleyball
- e. football

9. Which of the following contributed the most to physical education:

- a. Scholasticism
- b. Asceticism
- *c. The Renaissance
- d. Feudalism
- e. Isolationism

10. The ancient civilization that organized the first formal physical education in gymnasia such as the Academy and the Lyceum were:

- a. Romans in Rome
- *b. Greeks in Athens
- c. Persians in Mesopotamia
- d. Indians at Delhi
- e. Egyptians at Thebes

Teaching Section 1 – Individual Sports

1. Which statement regarding golf clubs is not true?

- a. One gets more distance from a two-iron than a seven-iron
- *b. One gets less distance from a five-iron than a nine-iron

- c. The higher the number, the more loft for the club
- d. A wedge is an unlikely choice for going off the tee
- e. None of the above

2. What is the part of the bowling scoresheet called where the score is recorded for each player's turn?

- a. Box
- *b. Frame
- c. Line
- d. Sheet
- e. Gutter

3. "Nocking" and "fletching" are terms associated with:

- a. Bowling
- *b. Archery
- c. Team handball
- d. Cross country skiing
- e. Golf

4. Aiming techniques in bowling include:

- a. Aim at the pin
- b. Aim at the spot
- c. Aim at the pocket
- *d. All of the above
- e. None of the above

5. The number of strikes in bowling a perfect score of 300 is:

- a. 30
- b. 10
- *c. 12
- d. 3
- e. 11

6. A "divot" is:

- a. A golf club used when one's ball is in a sandtrap
- b. An arrow which penetrates the target up to the feathers
- c. When a bowling ball curves all the way across the lane
- d. The notch on the end of an arrow that the bowstring goes in
- *e. A chunk of turf that a club tears out of the golf course

7. The "herringbone" and "diagonal stride" are techniques utilized in:

- a. Bowling
- b. Archery
- c. Golf
- *d. Cross country skiing
- e. Track and field

8. In golf scoring, two strokes under par is referred to as:

- a. A birdie
- b. A turkey
- c. A bogey
- d. A double bogey

*e. An eagle

9. A gradual lowering of the core temperature of the body can occur when a person is exposed to much wind, cold and wetness is referred to as:

a. Frost bite

*b. Hypothermia

c. Flu

d. Shivering

e. Blood pressure

10. Three consecutive strikes by a bowler is referred to as:

a. A hat trick

*b. A turkey

c. An eagle

d. A triple eagle

e. An out

Teaching Section 1 – Org & Admin

1. What type of Leadership Style is "hands off"?

a. Autocratic

b. Democractic

*c. Laissez- Faire

d. Eclectic

e. all of the above

2. What does the abbreviation EEO stand for

- a. Equal Employ Open
- *b. Equal Employment Opptunity
- c. Equal Employment Organized
- d. None of the above

3. This Requires that employers make extra effort to attract, employ, and promote members of minority groups?

- a. Equal Employment Opportunity
- b. Discrimination
- c. A lawsuit
- *d. Affirmative Action

4. An examination of the program and it's objectives and results to determine how people feel about the program is called what?

- a. Conceptual Audit
- b. Strategic Audit
- c. General relations Audit
- *d. Public Relations Audit
- e. All of the above

5. The process of designing and implementing activities for the promotion and distribution of a sport product or service to the consumer is called what?

- a. Marketing
- b. Athletic Marketing
- *c. Strategic sports marketing
- d. financial resources marketing
- e. none of the above

6. The amount of funds, according to the budget, set aside in an account and authorized to be expended during the year for a specific purpose is called?

- *a. Appropriation
- b. Fiscal year
- c. Yearly budget
- d. Reserve Fund
- e. None of the above

7. In order to avoid legal problems arising through the use of sport facilities, it is recommended that institutions:

- a. Establish written standard operating policies
- b. Require appropriate insurance
- c. Develop a written emergency care or crisis reaction plan that is included in any contract with outside users and is frequently reviewed within house users
- *d. All of the above
- e. None of the above

8. Title IX is best described as:

- a. An equal opportunity for women
- b. A stop against discrimination
- *c. An equal opportunity for both men and women
- d. Only found in athletics

9. Which of the following are characteristics of an autocratic or authoritative leader?

- a. Open minded

- b. Team orientated
- c. Enthusiastic
- d. Communication
- *e. Assertiveness

10. The most common legal charge against physical education teachers and coaches is:

- a. statutory rape
- *b. negligence
- c. assault
- d. incompetence
- e. none of the above

Teaching Section 1 – Racquet Sports

1. In racquet sports, good strategies include all of the following except:

- a. Make one's opponent run
- b. Use a variety of shots
- *c. Hit to the forehand side
- d. Hit to the backhand side
- e. Disguise one's shot

2. In which sports do the rules allow one to execute service with either an underhand or overhand motion?

- a. Badminton and tennis
- b. Badminton and racquetball
- *c. Racquetball and tennis
- d. All of the above
- e. None of the above

3. Which of the following constitutes a tie-breaker for tennis?

- a. Win by two points
- b. The next point (one) wins
- c. The first player to score five points wins
- *d. Win seven points and be ahead by at least two points
- e. Win twelve points; switch ends at six

4. A score of "6-2, 4-6, 6-3" would be for which sport?

- *a. Tennis
- b. Badminton
- c. Racquetball
- d. Volleyball
- e. None of the above

5. A legal serve that is completely missed by the receiver is:

- *a. An ace
- b. A winner
- c. A fault serve
- d. A hinder
- e. Pass

6. Racquet sports in which singles, doubles, and mixed doubles are contested include:

- a. Tennis and Racquetball
- b. Racquetball and badminton

- c. Badminton and tennis
- *d. All of the above
- e. None of the above

7. "Five feet high" best describes the net height for the sport of:

- a. Pickleball
- b. Tennis
- c. Women's volleyball
- *d. Badminton
- e. Men's volleyball

8. In which racquet sports are points scored only when serving?

- a. Badminton and tennis
- *b. Badminton and racquetball
- c. Racquetball and tennis
- d. All of the above
- e. None of the above

9. Cut-throat is played in:

- a. Tennis
- *b. Racquetball
- c. Badminton
- d. Racquetball and tennis
- e. None of the above

10. In badminton singles, the first server in the second game of a match:

- a. Was the loser of the first game
- b. Is the player who did not serve first in game one
- *c. Was the winner of the first game
- d. Is the player who wins the coin toss for game two
- e. Is none of the above

Teaching Section 1 – Team Sports

1. A "Shotgun" formation in football is:

- *a. a passing formation
- b. a running formation
- c. a defensive formation
- d. a punt return formation
- e. a kickoff formation

2. The Officials' signal for a touchdown in football is:

- a. Both arms folded in front of body
- *b. Both arms extended upward
- c. The right arm hitting the back of the knee
- d. Both arms straight out to the side

3. Collectively, the members of a 4x400 relay team run:

- a. 4 miles
- b. 400 meters
- c. 4000 meters
- d. 1600 yards
- *e. 1600 meters

4. The rotation movement of the volleyball players following a side out and prior to a team's term of service is:

- *a. clockwise
- b. counterclockwise
- c. forward
- d. backward
- e. zig-zag

5. A defensive play by a volleyball player or players against a spike or any play near the net is called:

- a. serve
- b. formation
- *c. block
- d. dive
- e. screen

6. James Naismith is recognized as the inventor of:

- *a. basketball
- b. football
- c. soccer
- d. volleyball
- e. baseball

7. The pick-and-roll is maneuver that is often utilized in:

- a. baseball and softball

- *b. basketball
- c. football
- d. soccer
- e. volleyball

8. The type of defense in basketball where each player is responsible for guarding an opposing player wherever he/she goes on the court:

- a. zone defense
- b. 2-1-2 defense
- c. 1-3-1 defense
- *d. player to player defense
- e. free lance

9. Which of the following is not true of a soccer throw-in?

- *a. executed when ball is kicked over the goal line
- b. executed by the team that did not kick it out-of-bounds
- c. must be thrown in with two hands
- d. must be thrown in from behind and over the thrower's head
- e. thrower must have both feet on the ground at time of release

10. In basketball, what is the best way to beat a full-court zone press?

- *a. try to pass it through
- b. try to dribble it through
- c. shoot it from 1/2 court before you get trapped
- d. call time out

11. The "hitchkick" and the "hang" are techniques utilized in this sport:

- *a. track and field
- b. basketball
- c. volleyball
- d. football
- e. soccer

12. Backspin on the basketball causes the ball:

- a. to spin out of control
- *b. to become dead upon impact with the rim
- c. to come back to the shooter on a rebound
- d. to be caught easier by a teammate
- e. to roll off the rim

13. A series of exercises that combine movements such as jumping, bounding, skipping and throwing in a quick and repetitive manner are called:

- a. Weight training
- *b. Plyometrics
- c. Obstacles
- d. Periodization
- e. Intervals

14. In volleyball, what pass is used to receive serves, low balls and spikes?

- a. set
- b. spike
- *c. forearm pass

- d. backhand pass
- e. chop pass

15. The "give and go" is utilized in all of the following except:

- a. soccer
- b. basketball
- c. hockey
- *d. volleyball
- e. none of the above

16. How many players make up a baseball or softball team?

- a. 10
- *b. 9
- c. 7
- d. 12
- e. 11

17. Which of the following activities probably provides the least aerobic exercise in physical education class?

- *a. softball
- b. basketball
- c. cross country skiing
- d. soccer
- e. swimming

18. "Offsides" is not a violation in the rules of:

- a. soccer
- b. football
- c. hockey
- *d. softball
- e. soccer and hockey

19. When a right-handed person throws a football, the ball should (as viewed by the passer):

- a. spiral counter-clockwise
- *b. spiral clockwise
- c. not spiral
- d. rotate end-over-end
- e. none of the above

20. During the kick-off in football, the ball is not considered a live ball to be recovered by either team until it travels how many yards?

- *a. 10
- b. 5
- c. 15
- d. 7

Teaching Section 2 – Eval Psychomotor Performance

1. If a student obtains a score of 65 in a group where the mean is 74 and the standard deviation is 6, he falls

- a. two standard deviations above the mean
- b. two standard deviations below the mean
- c. one-and-a-half standard deviations above the mean

- *d. one-and-a-half standard deviations below the mean
- e. one standard deviation below the mean

2. A measure of central tendency is defined as

- *a. the one score that is most representative of the group
- b. number of people taking the test minus one
- c. a large number of test scores grouped for ease in handling
- d. point above which fall 75 percent of the scores
- e. all of the above

3. The best criterion for evaluating total badminton playing ability is

- a. performance on a construct-valid test
- *b. performance in a round-robin tournament
- c. playing analysis
- d. the teacher's opinion

4. What is the most serious limitation of the sit and reach test as a measure of flexibility?

- a. the time and equipment necessary to administer the test are prohibitive
- b. the test has both positive and negative scores
- c. the test is not a reliable measure of flexibility
- *d. the test is specific to one group of muscles

5. Body mass index(BMI) provides an indication of

- a. percent body fat
- b. fat distribution

- c. body composition
- *d. the relationship of weight to height
- e. all of the above

6. Norms are most appropriate for

- *a. comparing students' performances
- b. assigned grades to students
- c. motivating students
- d. predicting student performance

7. When a single letter or numerical grade is reported for a school course, the grade is most useful if it represents

- *a. a pure measure of the degree to which the student has achieved the course objectives
- b. an evaluation of achievement in the light of the pupil's ability
- c. an evaluation of achievement modified by considerations of effort and interest
- d. a total appraisal of the student's achievement and personality
- e. none of the above

8. A test which can be administered and scored without the results being affected by the administrator's personal judgement is said to be

- a. valid
- b. standardized
- c. reliable
- d. practical
- *e. objective

9. The components of physical fitness relate to the development of health and contribute to an increase in functional capacity of the body. Four of the health-related components of physical fitness are:

- a. cardiovascular endurance, agility, strength, and muscular endurance
- *b. muscular endurance, strength, flexibility, and cardiovascular endurance
- c. neuromuscular coordination, optimum organic health, strength, and muscular endurance
- d. body composition, strength, cardiovascular endurance, and power
- e. all of the above are correct

10. When scores on different variables, such as a skill test and a written test, are to be added, the best method is to transform the scores to:

- a. percentiles
- b. raw scores
- *c. standard scores
- d. age, height, and weight raw scores

Teaching Section 2 – Exercise Physiology

1. After an 800-m time trial to get into the finals, an athlete should do which of the following to facilitate removal of lactic acid from the blood?

- a. perform stretching exercises
- b. sit and rest quietly
- *c. perform moderate-intensity jogging
- d. drink several glasses of water

2. The all-or-none response means:

- a. all of the muscles in a region contract together

- b. all of the muscle fibers within a muscle contract together
- *c. when a muscle fiber contracts, it contracts to its fullest extent
- d. when a muscle fiber contracts, all of its ATP is changed to ADP

3. Why would cardiovascular endurance conditioning be important for athletes in nonendurance sports?

- a. maximal oxygen consumption is a critical component in strength activities
- *b. quality of burst type activity can be maintained throughout the game or contest
- c. cardiac output is an essential factor in anaerobic activities
- d. because this type of conditioning would be considered highly specific
- e. all of the above

4. How can overtraining be identified?

- *a. sudden decline in performance
- b. a desire to train ever harder
- c. excessive increase in appetite
- d. hypotension in younger athletes
- e. increased immune function

5. Success in endurance activities depends largely on high:

- a. Vo₂ max value
- b. lactate threshold or OBLA
- c. economy of effort (lower percent of Vo₂ max for the same rate of work)
- d. percentage of ST muscle fibers
- *e. all of the above

6. If a well-nourished individual engaged in strenuous activity, what nutrient would be least likely to be metabolized as a source of energy?

- a. fat
- b. water
- c. glucose
- d. carbohydrate
- *e. protein

7. Anaerobic training results in which of the following changes within the muscle?

- a. increased muscle respiratory capacity
- b. increase in oxidative enzymes
- *c. increase in glycolytic enzymes
- d. none of the above

8. Power is increased almost exclusively through gaining in

- a. endurance
- b. speed
- *c. strength
- d. strength-endurance
- e. none of the above

9. Which of the following would likely account for the fatigue experienced by a marathon runner?

- a. high muscle pH
- b. low muscle pH
- c. high muscle lactate levels

*d. glycogen depletion and hypoglycemia

10. What is the suggested treatment for overtraining?

a. shock the system with an increased training load for 2-3 days

b. complete bed rest for up to 72 hours

*c. reduce training intensity or complete rest

d. continue the same level of training and vastly increase carbohydrate intake

e. all of the above

Teaching Section 2 – Fitness

1. What is the equivalent to .10 BAC (Blood Alcohol Content)?

a. One mixed drink

b. One beer

c. One shot of alcohol

*d. All of the above

2. One point of fat equals how many calories?

a. 500

b. 1500

c. 2000

*d. 3500

3. Compared to the heart of a person who is less fit, a fit person's heart

*a. pumps more blood with fewer beats

b. pumps more blood with more beats

- c. pumps less blood with fewer beats
- d. pumps less blood with more beats

4. Hypertension is diagnosed for adults when the average of two or more diastolic blood pressure measurements on at least two separate visits is ____mm Hg or higher, and/or the systolic measurements are ____mm Hg or higher

- a. 110/60
- *b. 140/90
- c. 120/80
- d. 160/100
- e. 180/110

5. The three stages of a safe exercise program are:

- a. warm-up, stretching, workout
- *b. warm-up, work-out, cool-down
- c. work-out, cool-down, stretching
- d. work-out, stretching, jogging

6. Life expectancy increases when people have

- a. hypertension
- b. negative attitudes
- *c. active lifestyles
- d. obesity

7. The most accurate method for assessing body fatness is

- a. girth measurement

- *b. underwater weighing
- c. skinfold measurement
- d. balance scale
- e. X-ray procedure

8. According to the surgeon General, the most single important preventable cause of death in the United States is

- a. obesity
- *b. smoking
- c. drugs
- d. stress

9. How long do you need to keep your heart rate elevated in order to improve your cardiovascular fitness?

- a. 10-20 minutes
- *b. 20-30 minutes
- c. 30-40 minutes
- d. 40-50 minutes

10. Which of the following is true with regard to a walking program?

- a. walking burns off calories at a rate of 300 calories per mile
- b. walking tends to selectively develop the anaerobic system
- *c. walking at a normal pace can contribute greatly to general physical fitness
- d. because walking is so slow, a target heart rate does not need to be taken

11. A strength-training program will improve:

- a. cardiovascular endurance and flexibility
- b. cardiovascular endurance and lean muscle mass
- c. lean muscle mass and flexibility
- *d. lean muscle mass and increased basal metabolic rate

12. All of the following are health related components of physical fitness except:

- a. muscular strength
- *b. agility
- c. cardiovascular endurance
- d. flexibility

13. What phrase best describes cardiovascular endurance?

- a. the ability to supply and utilize oxygen over a period of time, in sufficient amounts, to perform normal and unusual activities
- b. the ability of the heart, lungs, and circulatory system to deliver oxygen and nutrient to cells
- c. the ability of the body as a whole to participate in moderately vigorous activity for extended periods of time
- *d. all of the alternatives are correct

14. Your resting heart rate is the number of heartbeats per

- a. minute while exercising
- *b. minutes while you are still
- c. 15 seconds after exercising
- d. minute while you are asleep

15. The body composition of a male is considered to be at an unhealthy range, too low, when body fat percentage falls below a threshold of ____%

- *a. 5
- b. 12
- c. 9
- d. 16
- e. 20

16. When designing a workout you should consider

- a. warm-ups and cool-downs
- b. muscular conditioning
- c. cardiovascular conditioning
- *d. all of the above

17. These are composed of chains of amino acid and are manufactured in every living cell

- a. minerals
- b. vitamins
- c. fiber
- *d. proteins

18. Intensity means

- a. how often a person exercises
- b. how long a person exercises
- c. how much a person enjoys exercising
- *d. how hard a person exercises

19. The first step of a good warm-up is

- a. stretching
- *b. low-intensity aerobic
- c. activity
- d. resistance training
- e. isometrics

20. The fitness principle that advocates a gradual systematic increase of the load over a period of time is referred to as the principle of

- a. all-or-none
- b. muscle recruitment
- c. overload
- *d. progression
- e. specificity

21. The cardiovascular system includes the

- a. heart, lungs, bones, and muscle
- *b. heart, lungs, blood, and blood vessels
- c. brain, heart, and lungs
- d. heart, muscles, blood, and blood vessel

22. With regular exercise, your nervous system

- a. lowers your resting heart rate
- b. raises your resting heart rate
- c. causes your heart rate to supply less blood and oxygen to your body

*d. causes your brain to work more efficiently

23. This happens when body is under stress

a. Altered Immune System Response

b. Decreased Digestive Activity

c. Increased Sweating

*d. All of the above

24. The recommended percentage of body fat for a woman

*a. 16-25%

b. 5-12%

c. 25-35%

d. 30-50%

25. Cooling down after exercising is important:

a. to extending the exercise time and expending more calories

b. providing one warms up prior to exercise

*c. to restoring circulation to its normal resting condition

d. when you have been exercising less than 20 minutes

26. The recommended percentage of body fat for a man

a. 5-10%

*b. 12-18%

c. 16-25%

d. 25-40%

27. Which drug is associated with most teenage deaths?

- a. Marijuana
- b. Cocaine
- c. Heroin
- *d. Alcohol

28. The formula for aerobic fitness, the "F.I.T.T." principle, refers to

- a. the minimum amount of exercise for fitness
- b. Fundamental Intensity Threshold
- c. fast, intense, tough, time
- *d. frequency, intensity, time , type

29. The body's most vital nutrient

- *a. water
- b. carbohydrates
- c. fat
- d. protein

30. The fitness principle that states "in order to promote improvement, the intensity must be greater than that to which the individual is accustomed" is called the principle of

- a. adaptation
- b. intensity
- c. muscle recruitment
- *d. overload

e. progression

31. A measure of the maximum amount of force that a muscle can exert one time is called

a. muscular endurance

b. sticking point

*c. strength

d. power

e. progression

32. Anabolic steroids are synthetic derivatives of _____

*a. testosterone

b. estrogen

c. insulin

d. glucagon

e. cortisol

33. These function primarily as structural elements and make up 5 percent of the body

*a. Minerals

b. Vitamins

c. Fiber

d. Proteins

34. How should maximal heart rate be estimated?

a. doubling pulse rate

- *b. subtracting age from 220
- c. adding age into 150
- d. dividing age into 330
- e. judging from perceived exertion

35. What is the leading cause of death in America?

- a. Diabetes
- *b. Heart Disease
- c. Cancer
- d. Stroke

Teaching Section 2 – Kinesiology

1. If all other factors are held constant, what effect would "choking up" on a baseball bat have on the resultant velocity of a hit ball?

- a. it would increase
- *b. it would decrease
- c. it would remain the same
- d. it would vary with the size of the ball

2. When a long jump performance is analyzed, the quantity most likely to be of interest is:

- a. the average velocity of the jumper during the run-up
- *b. the instantaneous velocity of the jumper at takeoff
- c. the average velocity of the jumper during the flight
- d. the instantaneous velocity of the jumper at landing

3. What effect will right rotational spin (around a vertical axis) have on a thrown baseball?

- *a. veer to the right
- b. veer to the left
- c. drop
- d. no effect

4. When there is no appreciable change in the length of a contracting muscle, the contraction is said to be:

- a. isotonic
- *b. isometric
- c. concentric
- d. eccentric

5. Power is the product of:

- a. mass and acceleration
- b. force and angular velocity
- c. force and distance
- *d. force and velocity
- e. torque and time

6. The joint angle associated with maximum muscular torque is approximately which of the following?

- a. 30 degrees
- b. 45 degrees
- c. 60 degrees
- *d. 90 degrees

7. Which of the following is TRUE about the stretch reflex?
- a. can be evoked by a full, stretching backswing
 - b. is a safety device within the body that prevents tearing injuries
 - c. causes the involved muscle to contract
 - *d. all of the above
8. Which of the following motions occurs primarily in the sagittal plane?
- *a. running
 - b. a cartwheel
 - c. a pirouette
 - d. all of the above
9. Which kind of joint is the knee?
- a. fibrous
 - b. cartilaginous
 - *c. synovial
 - d. appendicular
10. Which of the following describes the role of an antagonist?
- *a. it causes an opposite motion to that of the mover
 - b. it prevents an undesirable motion of the mover
 - c. is primarily responsible for producing a movement
 - d. none of the above

Teaching Section 3 – 1st Aid/Prev & Care of Injuries

1. When an individual has slight mental confusion, dizziness, minimal unsteadiness, and a brief loss of judgement, they have what grade of concussion?

- a. Grade I
- b. Grade II
- c. Grade III
- *d. Grading concussions is not the current protocol.

2. The two main reasons for performing the "Check" step of "Check-Call-Care" are to find out:

- a. past medical problems and what happened
- b. victim's level of consciousness and if there are any broken bones
- c. if scene is safe and to call an ambulance
- *d. if scene is safe and the victim's level of consciousness

3. The main stabilizing ligament of the knee is the

- a. anterior cruciate
- b. medial collateral
- *c. posterior cruciate
- d. lateral collateral

4. If a co-worker is sweating and nauseated and complains of chest pain, what should you do next?

- a. have someone call EMS
- b. Have the victim stop working and sit or lie down in a comfortable position
- c. Recognize that chest pain, sweating, and nausea may indicate a heart attack

*d. All are correct

5. When should you do rescue breathing instead of CPR?

- a. When someone complains of shortness of breath
- b. When someone isn't breathing and doesn't have a pulse
- *c. When someone isn't breathing but has a pulse
- d. When someone collapses after moderate exercise

6. How should you place your hands when doing abdominal thrusts?

- a. To either the left or the right of the navel
- b. in the middle of the breastbone
- *c. on the middle of the abdomen, just above the navel and well below the lower tip of the breastbone
- d. on the notch where the rib meets the breastbone, in the center of the chest

7. Which of the following will not occur when ice is used?

- a. decrease pain
- *b. increase muscle elasticity
- c. decrease spasm
- d. increase anesthetic effect

8. Standard of care is defined as

- a. committing an act that is not your responsibility to perform
- *b. committing an act that another minimally competent professional would do in the same circumstance

- c. committing an act that is your responsibility to perform, but you use the wrong procedure
- d. failing to perform your legal duty of care

9. What should be your first concern at a scene where a person has been seriously burned?

- *a. Checking the scene safety
- b. Checking the victim's breathing and pulse
- c. Calling your local emergency phone number
- d. Cooling the burned area

10. You have tried to control a victim's bleeding with direct pressure and elevation, but the bleeding does not stop. Where would you apply pressure to slow the flow of blood to a wound on the forearm?

- a. Outside the arm midway between the shoulder and elbow
- b. on the inside of the elbow
- *c. Inside of the arm midway between the shoulder and elbow
- d. Any of the above will slow the flow of blood

11. A friend suddenly starts to choke while eating dinner. He is conscious but is coughing weakly and is making a high-pitched sound. What should you do?

- a. Do not interfere and encourage him to continue coughing
- *b. Ask "Are you choking?" and give a combination of back blows and abdominal thrusts
- c. Do a finger sweep
- d. Slap him on the back until he stops coughing

12. The three bones that make up the ankle joint are

- *a. tibia, fibula, talus
- b. tibia, fibula, calcaneus
- c. fibula, calcaneus, talus
- d. tibia, navicular, cuneiforms

13. Which would you do when caring for a seizure victim?

- *a. Remove nearby objects that might cause injury
- b. Place a small object, such as a rolled-up piece of cloth, between the victim's teeth
- c. Try to hold the person still
- d. All of the above

14. Which is the appropriate position for a victim who is showing the signals of shock as a result of injuries to the head or neck?

- a. legs elevated about 24 inches
- b. head and shoulders elevated about 12 inches
- *c. lying flat on the back
- d. on one side with head slightly elevated

15. Which of the following tasks should not be performed by an athletic trainer?

- a. evaluation of an injury
- b. treatment of an injury
- *c. diagnosis of an injury
- d. recognition of an injury

16. Which of the following should not be done when managing a bleeding nose?

- a. tilt the head back to decrease bleeding
- b. lie on the same side as the bleeding septum
- *c. place a cold compress over the nasal junction
- d. apply finger pressure to the affected nostril

17. The steps of an adult CPR cycle are

- a. a finger sweep and 2 breaths
- b. 5 chest compressions and 10 breaths
- *c. 30 chest compressions and 2 breaths
- d. 15 abdominal thrusts and 2 breaths

18. Which of the following victims need CPR?

- *a. someone whose heart has stopped beating
- b. someone who is having a heart attack
- c. someone who is not breathing
- d. All are correct.

19. A single application of cold should not extend beyond

- a. 10 min
- b. 15 min
- *c. 20 min
- d. 30 min

20. How should you open the airway of an unconscious victim?

- a. Tilt the head back and lift the neck
- *b. Tilt the head back and lift the chin
- c. Tilt the head back and push down on the chin
- d. Do a finger sweep and then 6-10 abdominal thrusts

Teaching Section 3 – Aquatics

1. Why is streamlining of strokes important?

- *a. reduces the resistance of the water in motion
- b. increases the beauty of stroke
- c. aids in the relaxation of the swimmer
- d. provides a more buoyant feeling

2. What is glide?

- a. safety procedure
- b. power phase of the arms
- c. movement following each stroke
- *d. phase of the stroke following the power phase

3. What is the proper breathing technique for any swimming stroke?

- *a. Air is inhaled through the mouth then exhaled through the nose and mouth
- b. Air is inhaled through the nose and mouth then exhaled through the nose and mouth
- c. Air is inhaled through the nose and exhaled through the nose
- d. Air is inhaled through the mouth and exhaled through the mouth

4. Which safety rule should be observed by all swimmers?

- a. Do not swim at night
- *b. Do not swim alone
- c. Do not swim in unknown waters
- d. Do not swim in water over 25 feet deep

5. In what position should a person be after extending a pole to a swimmer?

- *a. standing with legs bent and apart and with the weight back
- b. sitting on the side of the pool
- c. kneeling on one knee
- d. standing with weight on front leg to get a greater reach

Teaching Section 3 – Dance/Rhythm/Gymnastics

1. Teaching folk dance in the PhyEd curriculum

- *a. incorporates cultural diversity into curriculum
- b. points out historical facts of several countries
- c. should only be taught traditionally and not allowed expressing of oneself through rhythmic movements
- d. so students can learn difficult dance steps

2. The waltz is danced in

- a. 2/4 time
- b. 6/8 time
- c. 4/4 time
- *d. 3/4 time

3. At country western dances, several types of dancing may take place simultaneously

- *a. the perimeter of the dance floor is for LOD (line of direction) round dances with the dancers moving counterclockwise
- b. the swing dancers are in the back of the dance floor
- c. the perimeter of the dance floor is for LOD and round dances with the dancers moving clockwise
- d. the line dancers are on the outside of the LOD dancers

4. The mixer is one of the more exciting forms of rhythmic activities. Their main purpose is

- a. to travel different ways without bumping into others
- b. enjoy participation alone or with others
- *c. to provide nonthreatening environment for people to grow socially and safely
- d. to skip, hop, gallop, and slide using mature motor patterns

5. What is the even, steady, and constant underlying beat of music?

- *a. basic pulse
- b. even rhythmic patterns
- c. accent
- d. tempo

6. Combination movements are locomotor movements combined to form a new movement, which is the combination movement?

- a. jumping
- *b. skipping
- c. running
- d. walking

7. Which movement is nonlocomotor movement?

- a. leaping
- b. hopping
- *c. swinging
- d. sliding

8. A basic guideline for social dancing is that

- a. the women usually start with their left foot and the men with their right foot
- b. either partner can start with their left foot
- *c. the women usually start with their right foot and men with their left foot
- d. both women and men start with their left foot

9. What is the main purpose of spotting?

- a. to enable the performer to do moves that would otherwise be beyond his or her ability
- b. to give confidence to the beginner
- c. to prevent injury when the performer is tired
- *d. to provide for the participant's safety

10. What is the most essential factor when participating in gymnastics?

- a. precision
- b. confidence
- c. power
- *d. safety

Teaching Section 3 – PE for the Exceptional Child

1. If a student in your class has a handicap or problem with which he/she was born, we say that the problem is

- a. genital atrophy
- b. birth defect
- c. muscular atrophy
- d. atrophic symbosis
- *e. congenital

2. Physical educators with specialized training in teaching and managing the behaviors of children with disabilities are called

- a. counselors
- *b. adapted physical educators
- c. occupational therapists
- d. audiologists
- e. psychologists

3. Which conditions of a student in your class could be characterized as an ailment involving inflammation of the joints which can be crippling and degenerative

- a. diabetes
- b. cerebral palsy
- *c. arthritis
- d. multiple sclerosis
- e. muscular dystrophy

4. All of the following are postural abnormalities except

- a. scoliosis

- b. kyphosis
- c. genu varum
- *d. aphasia
- e. lordosis

5. An environment designed to accommodate a variety of learners regardless of functional abilities is called an

- a. indirect service
- b. homogeneous environment
- *c. inclusive environment
- d. normal environment
- e. restrictive environment

6. Orthopedic and neurological disabilities include all of the following except

- a. cerebral palsy
- b. spina bifida
- *c. down syndrome
- d. muscular dystrophy
- e. multiple sclerosis

7. Which of the following is a confidential document that identifies problems and needs of the exceptional student

- a. independent action plan
- b. exceptional behavioral program
- *c. individualized educational program
- d. goal-based exceptional process
- e. physical education curriculum

8. An IEP committee may include all of the following except

- a. the physical education specialist
- b. the classroom teacher
- c. the parents of the child
- d. a school administrator
- *e. none of the above

9. Which of the following federal laws makes it mandatory that schools provide a physical education for exceptional students

- *a. 94-142
- b. Title IX
- c. Inclusion Law of 1987
- d. Rehabilitation Act
- e. 94-457

10. An international sports training and competition program for individuals with mental retardation 8 years of age and older, regardless of their abilities is called

- a. Unified sports
- b. Federation of sports
- *c. Special Olympics
- d. NAIA

Teaching Section 3 – Methods

1. Scope of the curriculum

- *a. refers to yearly content
- b. defines the year-to-year activities and skills
- c. assures adequate coverage of all stated objectives
- d. is limited
- e. is irrelevant to day-to-day teaching of physical education

2. You will seldom go wrong in any lesson organization if you remember these three concepts:

- a. teach skill, review skills, videotape skills
- b. demonstrate, review, explain
- *c. tell what you will teach, teach it, review what you taught
- d. manual kinesthesia, process, evaluation
- e. explain, evaluate, feedback

3. The command style of teaching is at one end of the teaching continuum, at the other end would be

- a. task analysis or task style
- b. the individualized style
- c. problem solving
- *d. unlimited exploration
- e. none of the above

4. Using teacher demonstration to prompt a specific behavior is an example of

- a. verbal cues
- b. nonverbal cues
- c. feedback
- *d. modeling
- e. Premack Principle

5. Perhaps the most important factor in preventing accidents is

- a. purchasing insurance
- b. having a medical examination
- *c. recognizing the potential high-risk situations
- d. signing a responsibility waiver form
- e. none of the above

6. The lesson plan should contain

- a. expected outcomes
- b. progressions
- c. means of organizations
- d. points to be emphasized
- *e. all of the above

7. The ultimate measure of success of a quality Physical Education Program is:

- a. Students' fitness scores
- b. Students' knowledge scores
- c. Students' skill performance
- *d. The number of students who participate in daily physical activities throughout their lives.
- e. scope and sequence

8. More than 50% of all lawsuits involving physical education are a result of:

- a. improper equipment
- b. improper first aid measures taken in an emergency
- *c. improper supervision
- d. improper instruction

9. When grading your students:

- a. grades should depend on one test score or assessment session
- b. individual differences should not be taken into consideration
- c. the grading system is determined only by the P.E. teacher involved in the class
- *d. grades should reflect educational outcomes

10. The physically educated person is:

- a. physically fit
- b. knowledgeable about the benefits of physical activities
- c. skilled and able to perform a variety of physical activities
- d. none of these
- *e. all of these

Teaching Section 3 – PE Elementary

1. Pushing, bending, swaying, and twisting are best described as

- *a. nonlocomotor movements
- b. locomotor movements
- c. manipulative skills
- d. specialized skills
- e. body management competency

2. The most efficient learning of motor skills seems to occur when practice sessions are

- *a. short and frequent
- b. long and infrequent
- c. long and frequent
- d. short and infrequent
- e. it really does not make any difference

3. Modifying the conditions of the learning environment for the purpose of facilitating skill development would include things such as

- a. lowering the goal in basketball
- b. using a larger, slower ball to teach certain volleyball skills
- c. using a lighter bat to teach youngsters batting skills
- *d. all of the above
- e. none of the above

4. Which of the following motor skill movements involves using a jump rope as you move around that gym?

- *a. manipulative - locomotor
- b. non-locomotor - manipulative
- c. rhythmic - locomotor
- d. rhythmic - manipulative
- e. locomotor - non-locomotor

5. Any bodily movement produced by skeletal muscles that result in an expenditure of energy is called:

- a. stretching
- *b. physical activity
- c. cardiovascular
- d. sleeping

6. A framework for instructional activities that focuses on subject matter, student development and social-cultural goals.

- a. philosophy
- b. budget
- c. facilities
- *d. curriculum

7. A measure of a person's ability to perform physical activities that require endurance, strength or flexibility.

- a. skill-related fitness
- *b. health-related fitness
- c. exercise
- d. activitygram

8. The teaching style that takes a general program outcome and breaks it into smaller parts, providing a progression of skills.

- a. direct style
- b. cooperative
- *c. mastery of learning
- d. inquiry

9. The teaching style where students are assigned to groups and each member works to reach a common goal - team work.

- a. Guided discovery
- b. Problem solving
- c. Individualized
- *d. Cooperative

10. An activity that provides a vehicle for expressive movement.

- a. weight lifting activities
- b. running activities
- *c. rhythmic activities

d. gymnastic activities

Teaching Section 3 – Sports/Fit Teach

1. Moving the learning process through ordered steps from the simple to the complex facets of an activity is called:

- a. transfer of learning
- b. scheme
- *c. progression
- d. consolidation
- e. scope

2. Of all the different teaching styles, the one that is most student-centered:

- a. task
- b. command
- c. limited exploration
- *d. individualized
- e. movement education

3. Which of the following best describes the technique of mirroring when teaching a skill to students.

- a. the teacher stands at the back of the class and talks the students through the steps needed to do a skill
- b. facing the class whenever you give a demonstration
- c. standing sideways to your class up in front you mirror the proper technique as it applies to footwork
- d. practicing a skill while looking into a mirror at yourself
- *e. with your back to the class, you demonstrate a skill using proper footwork and then having your students mimic you

4. Assessment requires two steps:

- a. Hop and a skip
- *b. Measurement and an evaluation
- c. Performance and satisfaction
- d. Ability and understanding
- e. there is no best way to teach in physical education

5. In achieving the goals and domains of any lesson, the key factor in the success of the lesson is:

- *a. the teacher
- b. the student
- c. the lesson plan
- d. the curriculum guideline
- e. the equipment and facilities available to teach with

6. Which of these steps is key to giving a proper demonstration:

- a. always have students repeat the skill alone without supervision from teacher
- b. have students in a circle formation to see demonstration
- c. allow no flexibility in the way students perform the skill
- *d. motivating students to want to do the skill the right way
- e. before making corrections on the skill, allow students to repeat the skill with plenty of repetition

7. Two of the most critical parts of a lesson are:

- *a. The opening and closing
- b. teaching skills and testing
- c. testing and feedback
- d. fitness and games
- e. warm-ups and games

8. Effective Physical Education Teachers are:

- a. constantly in action
- b. offering support and giving information
- c. infusing energy into students learning
- *d. all of these
- e. none of these

9. A teacher should begin an instructional presentation by identifying topics to be covered and:

- a. Lots of skill instruction
- *b. the purpose of the lesson
- c. demonstrating skills
- d. none of these

10. Projecting your voice is essential in sport and activity environments so you must:

- a. scream all the time
- b. stand tall, fill your lungs with air, speak naturally
- c. change the pitch and volume of your voice and the rate (pace) of speaking
- *d. both b and c
- e. both a and c