

Exam Title: Individual/Dual Sports 1 (1502410)
Courses Assessed by this Exam: Individual/Dual Sports

Key Vocabulary: Equipment (ergometer, goniometer, heart rate monitor, talk test, caliper, pedometer, stopwatch), heredity, Serotonin, Cholesterol, weight loss, cardiovascular efficiency, cardiorespiratory endurance, mechanical errors (wt. lifting), exercise (moderate/vigorous), personal fitness plan, skills (catching, dribbling, passing, shooting), Types of Stretches (dynamic, various muscles targeted, etc.), Types of Exercises (Calisthenics, Elastic band, Isometric, Stretches), fitness components (agility, flexibility, endurance, and strength), range of motion, Sports (Golf, tennis, soccer, basketball, volleyball, softball, badminton, weight lifting, swimming), game strategies (basketball, softball), Sanitary practices

Student Tasks:

- Various types of stretches, warm-up, and cool down activities and their importance.
- Proper body positioning and form for lifting to prevent injury or increase performance.
- Various types of exercises.
- Safety procedures/rules in the weight room and communication with peers.
- Determine spotters for specific lifts.
- Use of training principles to achieve personal fitness goals.
- Caloric intake and the balance of exercise for personal fitness goals.
- Exercise for health benefits.
- Types and rates of activity that lead to positive results in cardiovascular and cardiorespiratory fitness.
- Benefits of physical activity.
- Rules of the game (golf, tennis, soccer, volleyball)
- Universal sports skills.
- Personal fitness plans, their sequencing, and technology used to reach personal goals.
- Healthy practices related to food intake.
- Game strategies.
- Health-related fitness to increase skills.
- Sportsmanship and conflict resolution.
- Sanitary practices and safety equipment.
- Community programs for physical activity.
- Healthy practices related to physical activity choices.