

## **Exam Title: Individual and Dual Sports 2**

### **Course Number: 1502420**

### **Courses Assessed by this Exam: Individual Dual Sports 2**

**Key Vocabulary:** reaction time, BATAK light board, ergometer, Goniometer, Myo test, target heart rate, caliper, heart rate monitor, stress management, forehand stroke, mechanical error, penalty, bunker, sand trap, casual water, water hazard, simulator, chip shot, shot put, core training, plyometric training, resistance training, sprinting training, agility, balance, reaction time, endurance, drop shot, lob, smash, volley, archery draw, badminton clear, disc golf throw, table tennis serve, bogey, handicap, play through, divot, conflict resolution process, aerobic dance, core training, weight training.

**Student Tasks:** Bulleted items using statements: Identify, define, be able to...

- 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.
- Identify technologies to enhance athletic abilities.
- Define and identify target heart rates.
- Identify exercises for stress reduction.
- Identify warm up structures to help prevent injury.

- Identify mechanical errors in tennis and potential solutions.
- Calculate a bowling score.
- Know and assess hazard penalties in golf.
- Know the procedures for completing shooting rounds in archery.
- Application of generic practices in golf etiquette.
- Resolution of rule disagreements in tennis.
- Appropriate golf apparel
- Know table tennis rules and table dimensions