

Exam Title: Individual and Dual Sports 3

Test ID: 16034

Courses Assessed by this Exam: Individual Dual Sports 3

Key Vocabulary:

Body Composition, heart rate monitor, blood pressure, training heart rate, resting heart, serotonin, sedentary lifestyle, sleep apnea, osteoarthritis, asthma, bioelectrical impedance, skin fold measurement, underwater weighing, body mass index, sportsmanship, protocol, compression, penalty, hydration, fencing, advancing, retreating, backhand, side arm throw, overhand throw, etiquette, UGA, USAV, USTA, YMCA, conflict resolution, mediation, negotiation, peer pressure, "spirit of the game", divot, Body Mass Index, disc golf, tennis, golf, badminton, swimming, bowling, fencing, archery

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 for measuring body composition
- Be able to analyze heart rate monitor readings

- Proper safety precautions in racquetball
- Knowledge of reducing stress through exercise
- Understand and apply protocol for sports injury
- Analyze mechanical errors in team and dual sports
- Be able to apply scoring rules in tennis
- Identify proper hydration strategies.
- Understand etiquette in golf
- Apply safety standards in archery
- Be able to apply the conflict resolution process