

Exam Title: Outdoor Education (1502480)

Courses Assessed by this Exam: Outdoor Education

Key Vocabulary: Self-esteem, carbohydrates, Heart Rate, health benefits, safety, injury prevention, Sports (cricket, cycling, hiking, swimming, ultimate Frisbee, rugby), etiquette, sportsmanship, blood pressure, atrophy, cardiorespiratory efficiency, fishing knots (bight end, loop end, standing end, tag end), warm-up cool down,

Student Tasks:

- Benefits for warm-up and cool-down activity.
- Safety practices in physical activity.
- 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, flag football, volleyball)
- Sportsmanship, etiquette, and conflict resolution.
- Safety equipment in physical activity.
- Healthy practices related to physical activity choices.
- Physical activities/sports that relate to stress reduction.
- Hydration techniques and sun exposure.
- Physical skills related to activities (surfing, boating/fishing, climbing/repelling, kayaking)
- Orienteering skills
- Comparison of international sports to U.S. sports
- Ethical components of team sports (cheating and good sportsmanship)