

Exam Title: Recreational Activities (1502470)

Courses Assessed by this Exam: Recreational Activities

Key Vocabulary: Self-esteem, weight control, endorphins, cardiorespiratory endurance, physical activity plan, health benefits (cardiorespiratory fitness, flexibility, muscle endurance, stress reduction), safety, injury prevention, mechanical error, Sports (basketball, bowling, golf, pickle ball, soccer, tennis, track, volleyball, cross-country), heat related illness, etiquette, sportsmanship, conflict resolution, Heat related illness (Heat stroke, heat cramps, heat exhaustion)

Student Tasks:

- Proper body positioning and form to prevent mechanical errors in physical 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)
- Universal sports comparison of team vs. individual/dual.
- Personal fitness plans, their sequencing, and technology used to reach personal goals.
- Sportsmanship, etiquette, and conflict resolution.
- Sanitary practices and safety equipment.
- Healthy practices related to physical activity choices.
- Physical activities/sports that relate to stress reduction.
- Hydration techniques and sun exposure.
- Heat related issues