

## **Exam Title: Team Sports 2**

**Course Number: 1503360**

### **Courses Assessed by this Exam: Team Sports 2**

**Key Vocabulary:** Body Mass Index (BMI), exergaming, heart rate monitor, target heart rate, pedometer, fitness analyzer, body composition analyzer, sedentary lifestyle, Volleyball: (exceptional substitution, spike, jump serve, overhand serve, sidearm serve, underhand serve, side out, team rotation) cramping, flag football, basketball, Basketball: (block, pick, roll, screen) softball, interference, pop fly, soccer, Moderate to Vigorous Physical Activity (MVPA), release point, plyometric, warm-up, cool- down, cardiorespiratory soccer etiquette, soccer equipment, endurance, sportsmanship, risk factor, hydration, plyometrics, angular motion, general motion, linear motion, irregular motion, layup, corner shot, 3 point shot, mediation, negotiation, peer pressure, “spirit of the game”

#### **Student Tasks:**

- Understand technologies for enhancing physical fitness
- Know appropriate warm-up and cool-down techniques
- Risks associated with sedentary lifestyles
- Identify safety gear for (soccer, volleyball, basketball, softball)
- Understand hydration apply hydration techniques
- Knowledge of injury protocols
- Analyze mechanical errors in throwing, hitting, shooting (basketball) and kicking
- Knowledge of how to improve strength, speed, overall fitness, vertical jump
- Demonstrate appropriate sportsmanship techniques
- Knowledge of injury prevention.
- Analyze programs to build endurance
- Apply the conflict resolution process
- Understand the rules of flag football, basketball, softball and soccer.