

Freshman Physical Education Baseline Data Assessment (V) 2

NAME: _____

DATE: _____

TEACHER: _____

PERIOD: _____

Multiple Choice (4 points)

1. Elements of dance consist of _____.
 - a. body and space
 - b. force and time
 - c. both b & a
 - d. environment and surface

2. Timing in dance consists of _____.
 - a. beat and tempo
 - b. tight and loose
 - c. both a & d
 - d. accent and duration

3. When your ball leaves a divot on the green, what should you do? _____.
 - a. leave it alone
 - b. walk over and repair it
 - c. tell everyone to putt around it
 - d. squish it down hard with your club

4. The game of golf originated in _____.
 - a. United States
 - b. Ireland
 - c. Germany
 - d. Scotland

5. The NBA incorporates a “shot-clock” which states that a team has _____ seconds to attempt a shot at their basket before a “shot-clock violation” occurs.
 - a. 3
 - b. 34
 - c. 24
 - d. 10

6. (Basketball) The basketball rim is _____ feet from the playing surface.
 - a. 10
 - b. 12
 - c. 8
 - d. 9

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7. At all times, there are _____ players on the court per team.
- 3
 - 11
 - 5
 - 7
8. A game is played by two teams of how many players on each team? _____
- 11
 - 5
 - 9
 - 8
9. A _____ is worth 2 points.
- touchdown
 - field goal
 - interception
 - fumble
10. A slap shot is when the player uses _____.
- a hard stroke that lifts the ball/puck off the surface
 - a stroke that glides across the floor into the goal
 - a hard stroke with the back of the blade
 - a hard stroke with the front of the blade
11. When two players face each other at the beginning of a game or after a penalty it is called (a) _____.
- face to face
 - face off
 - one on one
 - jump ball
12. (Floor Hockey) The hockey stick is made up of three parts, _____, _____, and _____.
- shaft, neck, net
 - knob, grip, throat
 - handle, shaft, blade
 - grip, taper, barrel

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13. A traditional game of bowling consists of _____ frames.
- a. nine
 - b. four
 - c. twelve
 - d. ten
14. A _____ is awarded when no pins are left standing after the second ball of the frame
- a. turkey
 - b. strike
 - c. spare
 - d. gutter
15. (Badminton) In both men's and women's double play, the required number of points needed to win a game is _____.
- a. 11
 - b. 15
 - c. 21
 - d. 25
16. An overhead stroke hit downward with force, used to score a point: _____.
- a. clear
 - b. drop
 - c. lob
 - d. smash
17. Physical fitness is/are: _____.
- a. qualities that are necessary for maintaining a healthy body
 - b. exercise
 - c. the ability of the body to perform daily tasks without getting out of breath, sore, or overly tired while avoiding diseases related to a lack of activity
 - d. components of fitness that is important for good athletic performance
18. What is the main purpose of including warm-ups and cool-downs in exercise sessions?
- a. improving endurance
 - b. preventing injuries
 - c. maintain muscle size
 - d. increase strength

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Open Ended/Short Answer (14 points each)

There are five offensive positions on a basketball team. In the space provided analyze what position you feel is the most important and contributes most to the success of a team. Why? Please provide evidence to support your response.

In the space provided below please construct a defense as to why it is vital for the human body to remain physically fit and continue to exercise. Compare and contrast an individual who maintains an adequate active lifestyle, in comparison to an individual who exercises seldom or never.

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Answer Key Multiple Choice

1. C
2. C
3. B
4. D
5. C
6. A
7. C
8. D
9. B
10. A
11. B
12. C
13. D
14. C
15. B
16. D
17. C
18. B

Open Ended/ Short Essays

1. In Basketball, the position that I feel is the most important is center. Center is usually called the fifth position. Center position is played by the biggest and usually the strongest player on the team. Most prolific franchises have been dominant for years because of their powerhouse centers in their roster. A center can cover a lot of floor space and if athletic enough can block shots, get rebounds, dunk over opponents, and penetrate good rival offense.
2. It is extremely important for individuals to remain physically fit and continue to exercise throughout their life-time. Individuals who exercise are known to be more happy, have more energy to complete daily task, eat healthier, perform better in academics, are more likely to overcome and reduce acute and chronic diseases. In contrary, individuals who do not maintain an active lifestyle are more likely to become obese, become depress, more prone to diseases and heart attacks, lower self-esteem, and a smaller appreciation for holistic wellness, sports, and recreation.