**PE Standard MS 1**

Clarifying Objective 1.1

* Basketball is an example of a

A. team sport

B. individual sport

C. dual sport

D. dance

* In volleyball you need to be proficient in which of the following skills?

A. Spiking

B. Serving

C. Bump pass

D. All of the above

Clarifying Objective 1.2

* In tennis a ground stroke is using a

1. Forehand
2. Serve
3. Spike
4. Footwork

* A non contact sport that one can perform for one’s entire life is

1. lifetime sport.
2. dual sport.
3. team sport.
4. small sided game.

Clarifying Objective 1.3

* In soccer your team is having trouble passing while being defended. How would you improve your skill?

1. shooting goals
2. Passing against a defensive player
3. Dribbling
4. work on throw ins

* In a soccer game situation Johnny cannot get the ball to his teammates. What can they do to help?

1. move around effectively
2. communicate
3. run the offensive plays
4. all of the above

Clarifying Objective 1.4

* When working out using the beat of music, the faster the beat of the music will result in the heart beating-

1. faster
2. slower
3. doesn’t change
4. stops

**PE Standard MC 2**

Clarifying Objective 2.1

* The **BEST** way to improve your cardiovascular fitness is—

A. Bowling

B. Swimming

C. Golf

D. Weight lifting

* For exercise workouts to be beneficial they should be scheduled a minimum of –

A. 3 times per week

B. Once a week

C. Everyday

D. Once a month

* What is the minimum that you should exercise in your target heart rate for exercise to be beneficial?

A. 5-10 minutes

B. 10-15 minutes

C. 20-30 minutes

D. 50-60 minutes

Clarifying Objective 2.2

* One important reason for including aerobic exercise in a personal fitness plan is to –

A. Raise the blood pressure

B. Move nutrients quickly to the body’s cells

C. Strengthen the heart muscle

D. Decrease the oxygen levels in the blood

* Which of these is the main reason to be flexible?

A. Preventing injury

B. Strengthening muscles

C. Increasing speed

D. Building endurance

* The **BEST** way to improve flexibility is to –

A. Stretch slowly

B. Stretch rapidly

C. Lift light weights

D. Lift heavy weights

* Before someone begins any vigorous exercise, it is **MOST** important to –

A. Warm up

B. Condition

C. Cool down

D. Do isometric exercises

Clarifying Objective 2.3

* Carlos wants to maintain a healthy weight for his height. Which of the following would be the most healthful option for Carlos?

A. Using a commercial weight-loss product

B. Being physically active regularly and eating a balanced diet.

C. Following a low-calorie diet and not exercising

D. Increasing physical activity and eating anything he wants.

* Skills that involve the control and movement of smaller muscles such as your fingers and toes, hand-eye coordination, foot-eye coordination and sense of touch are

1. Fundamental Motor Skills
2. Complex Motor Skills
3. Simple Motor skills
4. Vigorous Motor Skills

**PE Standard HF 3**

Clarifying Objective 3.1

* When compared to people who do not exercise regularly, people who exercise regularly tend to have—

A. Less flexibility

B. Higher blood pressure

C. Lower resting heart rates

D. More body fat

* The pacer test measures—

A. Muscular strength

B. Muscular endurance

C. Flexibility

D. Aerobic capacity

* Which fitness component does a curl-up test measure?

A. Aerobic capacity

B. Flexibility

C. Muscular endurance

D. Speed

Clarifying Objective 3.2

* Which occupation requires the most flexibility

1. Dancer
2. Carpenter
3. Police man
4. Executive assistant

Clarifying Objective 3.3

* When exercising the body keeps cool by

A. Burping

B. Flatulence

C. Sweating

D. Urinating

* Very heavy perspiring or severe diarrhea can result in a serious reduction in the bodies water content is

known as—

A. Anemia

B. Dehydration

C. Homeostasis

D. Scurvy

**PE Standard PR 4**

Clarifying Objective 4.1

* Abigail is wheel-chair bound. How can Abigail be part of the group?

1. play the game normally.
2. Sit on the sideline and cheer.
3. Play with modifications.
4. Do a paper pencil assignment.

Clarifying Objective 4.2

* Ashlee and Sam are playing a game of volleyball and are arguing over a net call. The **BEST** way for them to resolve their conflict and demonstrate good sportsmanship is-

A. Ashlee sarcastically tells Sam she is always right

B. Sam ignores Ashlee and stomps off the court

C. Ashlee and Sam realize it’s just a game in PE and decide to replay the point.

D. Ashlee allows Sam to make the call because Ashlee is an underclassmen and Sam has seniority.

Clarifying Objective 4.3

* How could you modify the game of volleyball to include different groups and abilities of people.

1. use scooters
2. keep it the same
3. sit on the floor
4. a and c