Team Sports Study Guide

1. Name or describe 5 stretches that were performed in class. Name the muscle being stretched.

Stretch	**Muscles being used**
1.	
2.	
3.	
4.	
5.	

2. What is the purpose of fitness testing? What is the significance of meeting or achieving the healthy zone during fitness testing? (for example males running the mile in 7 to 9 minutes)

Purpose:

Significance:

3. Explain 3 benefits of stretching?

a.

b.

c.

4. How can qualities found in sports – teamwork, sportsmanship, respect, and fairness be carried over into your daily lives? Define what it means and give an example of how you can use it in your life, outside of sports?

TEAMWORK

SPORTSMANSHIP

RESPECT

5. For the following sports, explain the objective of the game and four rules. Team Handball, Fleet Football, Volleyball, Ultimate Frisbee, Tsag ball, Basketball

Objective: Team Handball=

Rules of Team Handball:

1.
2.
3.
4.

Objective: Fleet Football=

Rules of Fleet Football:

1.
2.
3.
4.

Objective: Volleyball=

Rules of Volleyball:

1.
2.
3.
4.

Objective: Ultimate Frisbee=

Rules of Ultimate Frisbee:

1.
2.

3.
4.

Objective: Tsag Ball=

Rules of Tsag Ball:

1.
2.
3.
4.

Objective: Basketball=

Rules of Basketball:

1.
2.
3.
4.

5. Define and give examples of…
    a. Aerobic

    b. Anaerobic

6. How often should teens exercise?

7. What is the recommendation on moderate exercise (how long)?

8. What is BMI and why is it important?

9. Define:
    a. Hydration

    b. Dehydration

10. What are the signs of dehydration?

SQUARE DANCE

1. What numbers are the head lead couples? 1 & 3
2. Which side of the male does the female stand on? Right side
3. At the beginning of each class we do the? Grand march
4. What numbers are the side couples? 2 & 4
5. What is this move called? Start with facing your partner, move so you're facing right shoulders, back to back, left shoulders, and end facing partner.
6. What do you do at the end of each band?