

Sophomore Physical Education Baseline Data Assessment (Version 1)

NAME: _____

DATE: _____

TEACHER: _____

PERIOD: _____

Multiple Choice (4 points each)

Circle the answer that best completes the statement.

Aerobics

1. Which of these **is not** an example of aerobic exercise?
 - a. jumping rope
 - b. swimming
 - c. bicep curls
 - d. dancing
2. You can avoid many exercise injuries if you:
 - a. exercise in an open area
 - b. listen to your body signals
 - c. exercise at least two or three times weekly
 - d. all of the above

Badminton

3. Any stroke that is made on the racket side of the body is called a:
 - a. backhand
 - b. forehand
 - c. underhand
 - d. none of the above

Basketball

4. A free – throw is worth how many points?
 - a. 1 point
 - b. 2 points
 - c. 3 points
 - d. 4 points
5. When a player with possession of the ball decides to stop his/her dribble, they are allowed how many steps before passing or shooting?
 - a. 1 step
 - b. 2 steps
 - c. 3 steps
 - d. 4 steps

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Flag Football

6. If a defensive player pushes or knocks into an offensive player who is about to receive a pass, it is considered a
- touchdown
 - fumble
 - pass interference
 - punt

Flickerball

7. When a team has possession of the ball, they are allowed to make how many passes?
- 5
 - 10
 - 15
 - unlimited passes
8. When a player catches a pass, they are allowed how many steps before coming to a complete stop?
- 1
 - 2
 - 3
 - unlimited steps

Floor Hockey

9. In floor hockey, each game is started with a
- jump ball
 - tip off
 - face off
 - penalty shot
10. An assist occurs when a player
- single handedly scores a goal
 - receives a pass from a teammate that results in a goal
 - when the ball/puck bounces into the goal
 - when the ball/puck goes out of bounds

Lacrosse

11. Similar to hockey, the only players allowed to be in the crease are the
- offensive players
 - goalies
 - defensive players
 - all players are allowed in the crease

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Physical Fitness

12. The number of times a person's heart beats in a one minute time period is known as their
- exercise ability
 - heart beat
 - heart rate
 - physical fitness

Power Walking

13. Power Walking helps maintain cardiovascular health. What two body systems does it work?
- reproductive and excretory systems
 - circulatory and respiratory systems
 - excretory and integumentary systems
 - nervous and respiratory systems

Soccer

14. How is a ball returned into play after it crosses the sideline?
- drop ball
 - throw in
 - corner kick
 - goal kick

Softball

15. When a runner crosses home plate, the team scores a:
- point
 - run
 - goal
 - touchdown
16. How many outs in one full inning? (One full inning is when both teams have had a chance to bat)
- two (2)
 - six (6)
 - four (4)
 - three (3)

Team Handball

17. In team handball, a player is allowed to dribble the ball how many times?
- 1 dribble
 - 2 dribbles
 - 3 dribbles
 - unlimited dribbles

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Volleyball

18. When a player passes the ball to a teammate using their forearms, this is considered a
- a. bump
 - b. set
 - c. spike
 - d. carry

Ultimate Frisbee

19. Each game begins with a long, hanging throw that is known as a
- a. pull
 - b. push
 - c. toss
 - d. pass

Weight Training

20. Equipment with an unlimited range of motion such as dumbbells and barbells are known as
- a. heavy-weights
 - b. free-weights
 - c. plates
 - d. cable machines

Short Answer / Essay Questions (10 points each)

Write a clear and concise response for each question on the space provided.

21. Compare the difference between muscular strength and muscular endurance.

22. Differentiate between a resting heart rate and a maximum heart rate. Explain how a person can improve or lower their resting heart rate.

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

21. Muscular strength is the amount of force a person can produce or exert at one time.

Muscular endurance is the ability for a muscle or group of muscles to perform continuous exercise without fatiguing.

22. A resting heart rate is the number of times a person's heart beats in a one minute time period while at rest. A maximum heart rate is the greatest number of times a person's heart can beat in a one minute time period. A maximum heart rate is only reached when extreme effort is given throughout a workout period. A person can improve or lower their resting heart rate by participating in cardiovascular exercises on a regular basis.