FRESHMAN FINAL EXAM STUDY GUIDE

Team building and Adventure Education

- The main goal of the team building activities was to work together and build trust with the group.

- The first thing that must happen before climbing is that the climber and the belayer must speak the ready commands. What are the commands for the high rock wall.

- The climber will first begin the command and wait for a response from the belayer before they begin climbing.

- The knots learned in Adventure Education were the Figure 8, the Figure 8 follow through and the Kilik Hitch. You need to know what the Figure 8 Follow Through is used for.

- It takes 5 participants to form a proper climbing group.
  - Climber
  - Belayer
  - Anchor
  - Back-up belayer
  - Monitor

- You must be able to name four pieces of equipment used to climb and what they are use for.
  - Helmet
  - Rope
  - Harness
  - ATC
  - Carabiner

Badminton

- Each game is played to 21 points, with players scoring a point whenever they win a rally regardless of whether they served. A match is best of three games.

- If the score reaches 20-all, then the game continues until one side gains a two point lead (such as 24–22), up to a maximum of 30 points (30–29 is a winning score).

- Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court.
• The net is 5 ft 1 inch high at the edges and 5 ft high in the centre.

• A player's forehand side is the same side as their playing hand: for a right-handed player, the forehand side is their right side and the backhand side is their left side.

• The back alley is out on service during doubles play.

• If a serve hits the net and lands past the service line it is good.

**Volleyball**

• Pass: A move in which both arms are placed together in an attempt to bounce an easy ball up in the air to your setter.

• Set: To position the ball so a teammate can attack

• Attack/Spike/Hit: To smash the ball overarm into the opponent’s court

• Dig: The defensive move in which both arms are placed together in an attempt to bounce a hard-hit ball up in the air.

• Block: A move in which a front row player, on defense, places their arms in the air in order to stop the other team from hitting the ball hard on their side of the court.

• To move to the next position in a clockwise manner is called a rotation.

• The name of the line three meters from the net which marks the limit for where a back-row player may advance to hit a ball from above the net is called the attack line.

**Swimming**

• The flutter kick is used with backstroke as well as with freestyle.

• The body position of the front crawl (freestyle) is much like a normal face float.

• Just because you are a great swimmer doesn’t mean that you have nothing to worry about in the water.

• The survival float uses your natural buoyancy to remain afloat for extended periods of time.

• While swimming you should make sure your hands are in a cuplike position, they should not be open.

• While doing the backstroke your arms should be straight at some point during the stroke.
During the freestyle stroke you should be turning your head to the side in order to take a breath in.

Basketball

- James Naismith created the game of basketball in 1891.
- The first basketball game was played with a soccer ball and two peach baskets that were nailed to a balcony railing 10 feet above the floor.
- There are five players on a team and three basic positions.
  - Layup – shot taken close to the basket
  - Traveling – taking steps without dribbling the ball
  - Offense – team with the basketball trying to score points
  - Foul – violation from illegal contact with another player
  - Rebound – getting the ball after a missed shot

Vocabulary

Know the definitions of these vocabulary words:

1. Aerobic
2. Anaerobic
3. Awareness
4. Belay
5. Blind spot
6. BMI
7. Calorie
8. Cardiovascular
9. Components of fitness
10. F.I.T.T
11. Figure 8
12. Flexibility
13. Freestyle
14. Goal
15. Heart rate
16. Hygiene
17. IPDE
18. Overload
19. Responsibility
20. Self-motivation
21. Stress
22. Survival Float
23. Target heart rate
24. Team work
25. Volley