

## First Semester Soph. Study Guide

### Vocab Words

Target heart rate  
Flexibility  
Aerobic  
Anaerobic  
BMI  
Overload  
F.I.T  
IPDE  
Components of fitness  
Volley  
Belay  
Figure 8  
Freestyle  
Survival Float  
Hygiene  
Stress  
Goal  
Calorie  
Heart rate  
Cardiovascular  
Blind spot  
Awareness  
Responsibility  
Team work  
Self motivation

### Activity Concepts

#### Tennis

- How many times may the tennis ball bounce?
- Boundries of the court for singles and doubles
- Service Rules

#### 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.

### 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.
- 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.

The net is 5 ft 1 inch high

### 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

### Softball

#### The Game

1. There are 10 players on a slow pitch softball team.

#### Positions

Pitcher and catcher (Batter)

Infielders: First, second, third base, and shortstop

First base – when ball is hit, he needs to receive the throw with his foot on the base before the runner reaches it

Second base – does NOT stand directly on the base, but halfway between first and second base

Third base – does NOT stand directly on the base, but several feet off the base toward the shortstop

Shortstop – stands in between second and third base

Outfielders: Left, Left Center, Center, and Right Field

Left Field – covers most of the left side of the outfield

Left Center (also can be played as Short Center) – stands between left and center

or plays shorts and covers infield errors

Center – stands in outfield behind second base and controls the outfield

Right – stands in the outfield between first and second base and covers the right side of the outfield.

2. Bases are 60 feet apart and when joined are called a diamond.

4. Any ball going outside the 1st or 3rd base line is a foul ball. On a foul, runners cannot advance and the batter gets another try at bat unless the ball is caught in the air, which would be an out. A third strike foul

is an out.

5. An official game is 7 innings. An inning is when both teams have had their turn at bat.

6. Each team gets 3 outs during their half of an inning.

#### Pitching

1. The ball must be thrown underhand with an arc.

#### Batting

1. Batters must follow the same order throughout the entire game.

2. The batter is out if:

a. Three strikes (foul on third strike)

b. A fly ball is caught

c. A ground ball is fielded and thrown to first base before batter touches the base.

#### Base Running

1. Runners must touch each base.

2. Runners may overrun 1st base only: all other bases the runner may be tagged out if they are off the bag.

3. No lead-offs. Must wait to leave the base until the ball is hit or crosses home plate.

4. No stealing bases.

5. When a fly ball is caught and you are on the base, you must “tag up” (touch the base after the ball is caught in order to advance to the next base.)

6. When a ground ball is hit and a base runner is directly behind you on the previous base, you must run to the next base.

#### Terms

1. Ball-When a pitched ball is not in the strike zone.

2. Walk- four balls equal a walk

3. Strike-when batter swings and misses or when ball crosses plate between knees and shoulders (strike zone).

4. Ground Ball-a ball that is hit on the ground

5. Fly Ball- a ball that is hit in the air.

6. Force Play- When a runner must advance to the next base because the base behind is occupied by a fellow teammate/baserunner.

#### Speedball

- In speedball you score by kicking or throwing the ball into the goal or throwing across the endline.
- The ball is not allowed to be picked up straight from the ground.
- You can use soccer skills when playing the ball off the ground
- You can lift the ball to yourself using a lift kick.