

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 used 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