

Individual Sports Final Exam Review

- *Please Review the 11-12 vocabulary and definitions located on the website. It can be found at www.d94.org. On the main page go to divisions; PE; then 11-12 final exam vocabulary review.*
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- Badminton is a racquet sport that can be played by 2 or 4 players.
 - Players score points by striking a birdie with a racquet so that it passes over the net and lands in their opponents' half of the court
 - Badminton is rally score. Therefore you are able to win points regardless if you are serving.
 - After the serving team scores a point the serving team switches service courts.
 - The preferred style of serving for doubles is underhand. You may NOT serve overhand.
 - In badminton, when you are serving and your score is even you should be serving from the right service court. Odd scores serve from the left service court.
 - Games are played to 21 and must win by 2.
 - The maximum number of points is 30.
 - A badminton match is complete when a team has won 2 out of 3 games.
 - Badminton is an Olympic sport.
 - If a let is called, the rally is stopped and replayed with no change to the score.
 - A singles court is narrower than the doubles court.
 - A player's strong side is the same side as their playing hand.
 - A smash is the name of a shot that hits the birdie forcefully down in the opponents' court with a wrist snap.
 - If the birdie lands on the line it is IN.
 - In badminton there is only one hit per side. You many NOT set it up to your partner.
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- An example of a measurement of flexibility is the sit and reach test.
 - An example of muscular strength is benching one repetition at the maximum weight possible.
 - An example of cardiovascular endurance is the Pacer Test.
 - An example of muscular endurance for ONE specific muscle group is lifting a moderate weight for as many repetitions as possible.
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- Even if you are a great swimmer you should always be cautious in the water.
- The body position of the freestyle is similar to a front face float.
- Survival floating uses your natural buoyancy to remain afloat for an extended period of time.
- The flutter kick is used with the freestyle and the backstroke.