

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 1 - History & Philosophy

Question 1

1 point

All of the following are general philosophical positions except:

- (A) Asceticism
- (B) Pragmatism
- (C) Existentialism
- (D) Realism
- (E) Idealism

Correct answer

Question 2

1 point

The course history shows that people place greater emphasis on physical education programs during:

- (A) recessions
- (B) good economic times
- (C) wars
- (D) depressions
- (E) immigrations

Correct answer

Question 3

1 point

During Early Modern times, this country first recognized physical education as an important part of the educational system:

- (A) France
- (B) Russia
- (C) Spain
- (D) Germany

Correct answer

Question 4

1 point

The "Golden Age of Sports" in the United States was the:

(A) 1890s

(B) 1920s

Correct answer

(C) 1950s

(D) 1960s

(E) 1970s

Question 5

1 point

The person credited with organizing the modern Olympic games is:

(A) Jean Jacque Rousseau

(B) Baron Pierre de Coubertin

Correct answer

(C) James Naismith

(D) John Locke

(E) John B. Kelly

Question 6

1 point

The professional organization to which most PE teachers affiliate is:

(A) ACSM

(B) NCAA

(C) JOPERD

(D) NATA

(E) AAHPERD

Correct answer

Question 7

1 point

Many early physical education leaders in the US were trained as:

(A) sport coaches

(B) veterinarians

(C) psychologists

(D) medical doctors

Correct answer

(E) nutritionists

Question 8

1 point

The first sport event to be contested intercollegiately in the US was:

(A) rowing

Correct answer

(B) baseball

(C) basketball

(D) volleyball

(E) football

Question 9

1 point

Which of the following contributed the most to physical education:

(A) Scholasticism

(B) Asceticism

(C) The Renaissance

Correct answer

(D) Feudalism

(E) Isolationism

Question 10

1 point

The ancient civilization that organized the first formal physical education in gymnasia such as the Academy and the Lyceum were:

(A) Romans in Rome

(B) Greeks in Athens

Correct answer

(C) Persians in Mesopotamia

(D) Indians at Delhi

(E) Egyptians at Thebes

Teaching Section 1 - History & Philosophy

Question 1

1 point

All of the following are general philosophical positions except:

- (A) Asceticism
- (B) Pragmatism
- (C) Existentialism
- (D) Realism
- (E) Idealism

Question 2

1 point

The course history shows that people place greater emphasis on physical education programs during:

- (A) recessions
- (B) good economic times
- (C) wars
- (D) depressions
- (E) immigrations

Question 3

1 point

During Early Modern times, this country first recognized physical education as an important part of the educational system:

- (A) France
- (B) Russia
- (C) Spain
- (D) Germany
- (E) The United States

Question 4

1 point

The "Golden Age of Sports" in the United States was the:

- (A) 1890s
- (B) 1920s
- (C) 1950s
- (D) 1960s
- (E) 1970s

Question 5

1 point

The person credited with organizing the modern Olympic games is:

- (A) Jean Jacque Rousseau
- (B) Baron Pierre de Coubertin
- (C) James Naismith
- (D) John Locke
- (E) John B. Kelly

Question 6

1 point

The professional organization to which most PE teachers affiliate is:

- (A) ACSM
- (B) NCAA
- (C) JOPERD
- (D) NATA
- (E) AAHPERD

Question 7

1 point

Many early physical education leaders in the US were trained as:

- (A) sport coaches

(B) veterinarians

(C) psychologists

(D) medical doctors

(E) nutritionists

Question 8

1 point

The first sport event to be contested intercollegiately in the US was:

(A) rowing

(B) baseball

(C) basketball

(D) volleyball

(E) football

Question 9

1 point

Which of the following contributed the most to physical education:

(A) Scholasticism

(B) Asceticism

(C) The Renaissance

(D) Feudalism

(E) Isolationism

Question 10

1 point

The ancient civilization that organized the first formal physical education in gymnasiums such as the Academy and the Lyceum were:

(A) Romans in Rome

(B) Greeks in Athens

(C) Persians in Mesopotamia

(D) Indians at Delhi

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 1 - Individual Sports

Question 1

1 point

Which statement regarding golf clubs is not true?

A One gets more distance from a two-iron than a seven-iron

B One gets less distance from a five-iron than a nine-iron

Correct answer

C The higher the number, the more loft for the club

D A wedge is an unlikely choice for going off the tee

E None of the above

Question 2

1 point

What is the part of the bowling scoresheet called where the score is recorded for each player's turn?

A Box

B Frame

Correct answer

C Line

D Sheet

E Gutter

Question 3

1 point

"Nocking" and "fletching" are terms associated with:

A Bowling

B Archery

Correct answer

C Team handball

D Cross country skiing

Question 4

1 point

Aiming techniques in bowling include:

- (A) Aim at the pin
- (B) Aim at the spot
- (C) Aim at the pocket
- (D) All of the above
- (E) None of the above

Correct answer

Question 5

1 point

The number of strikes in bowling a perfect score of 300 is:

- (A) 30
- (B) 10
- (C) 12
- (D) 3
- (E) 11

Correct answer

Question 6

1 point

A "divot" is:

- (A) A golf club used when one's ball is in a sandtrap
- (B) An arrow which penetrates the target up to the feathers
- (C) When a bowling ball curves all the way across the lane
- (D) The notch on the end of an arrow that the bowstring goes in
- (E) A chunk of turf that a club tears out of the golf course

Correct answer

Question 7

1 point

The "herringbone" and "diagonal stride" are techniques utilized in:

(A) Bowling

(B) Archery

(C) Golf

(D) Cross country skiing

Correct answer

(E) Track and field

Question 8

1 point

In golf scoring, two strokes under par is referred to as:

(A) A birdie

(B) A turkey

(C) A bogey

(D) A double bogey

(E) An eagle

Correct answer

Question 9

1 point

A gradual lowering of the core temperature of the body can occur when a person is exposed to much wind, cold and wetness is referred to as:

(A) Frost bite

(B) Hypothermia

Correct answer

(C) Flu

(D) Shivering

(E) Blood pressure

Question 10

1 point

Three consecutive strikes by a bowler is referred to as:

(A) A hat trick

(B) A turkey

Correct answer

(C) An eagle

(D) A triple eagle

(E) An out

Teaching Section 1 - Individual Sports

Question 1

1 point

Which statement regarding golf clubs is not true?

- (A) One gets more distance from a two-iron than a seven-iron
- (B) One gets less distance from a five-iron than a nine-iron
- (C) The higher the number, the more loft for the club
- (D) A wedge is an unlikely choice for going off the tee
- (E) None of the above

Question 2

1 point

What is the part of the bowling scoresheet called where the score is recorded for each player's turn?

- (A) Box
- (B) Frame
- (C) Line
- (D) Sheet
- (E) Gutter

Question 3

1 point

"Nocking" and "fletching" are terms associated with:

- (A) Bowling
- (B) Archery
- (C) Team handball
- (D) Cross country skiing
- (E) Golf

Question 4

1 point

Aiming techniques in bowling include:

- (A) Aim at the pin
- (B) Aim at the spot
- (C) Aim at the pocket
- (D) All of the above
- (E) None of the above

Question 5

1 point

The number of strikes in bowling a perfect score of 300 is:

- (A) 30
- (B) 10
- (C) 12
- (D) 3
- (E) 11

Question 6

1 point

A "divot" is:

- (A) A golf club used when one's ball is in a sandtrap
- (B) An arrow which penetrates the target up to the feathers
- (C) When a bowling ball curves all the way across the lane
- (D) The notch on the end of an arrow that the bowstring goes in
- (E) A chunk of turf that a club tears out of the golf course

Question 7

1 point

The "herringbone" and "diagonal stride" are techniques utilized in:

- (A) Bowling

(B) Archery

(C) Golf

(D) Cross country skiing

(E) Track and field

Question 8

1 point

In golf scoring, two strokes under par is referred to as:

(A) A birdie

(B) A turkey

(C) A bogey

(D) A double bogey

(E) An eagle

Question 9

1 point

A gradual lowering of the core temperature of the body can occur when a person is exposed to much wind, cold and wetness is referred to as:

(A) Frost bite

(B) Hypothermia

(C) Flu

(D) Shivering

(E) Blood pressure

Question 10

1 point

Three consecutive strikes by a bowler is referred to as:

(A) A hat trick

(B) A turkey

(C) An eagle

(D) A triple eagle

(E) An out

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 1 - Org & Admin

Question 1

1 point

What type of Leadership Style is "hands off"?

- A Autocratic
- B Democratic
- C Laissez- Faire
- D Eclectic
- E all of the above

Correct answer

Question 2

1 point

What does the abbreviation EEO stand for

- A Equal Employ Open
- B Equal Employment Opportunity
- C Equal Employment Organized
- D None of the above

Correct answer

Question 3

1 point

This Requires that employers make extra effort to attract, employ, and promote members of minority groups?

- A Equal Employment Opportunity
- B Discrimination
- C A lawsuit
- D Affirmative Action

Correct answer

Question 4

1 point

An examination of the program and its objectives and results to determine how people feel about the program is called what?

- A Conceptual Audit
- B Strategic Audit
- C General relations Audit
- D Public Relations Audit
- E All of the above

Correct answer

Question 5

1 point

The process of designing and implementing activities for the promotion and distribution of a sport product or service to the consumer is called what?

- A Marketing
- B Athletic Marketing
- C Strategic sports marketing
- D financial resources marketing
- E none of the above

Correct answer

Question 6

1 point

The amount of funds, according to the budget, set aside in an account and authorized to be expended during the year for a specific purpose is called?

- A Appropriation
- B Fiscal year
- C Yearly budget
- D Reserve Fund
- E None of the above

Correct answer

Question 7

1 point

In order to avoid legal problems arising through the use of sport facilities, it is recommended that institutions:

- A Establish written standard operating policies

B Require appropriate insurance

C Develop a written emergency care or crisis reaction plan that is included in any contract with outside users and is frequently reviewed within house users

D All of the above

Correct answer

E None of the above

Question 8

1 point

Title IX is best described as:

A An equal opportunity for women

B A stop against discrimination

C An equal opportunity for both men and women

Correct answer

D Only found in athletics

Question 9

1 point

Which of the following are characteristics of an autocratic or authoritative leader?

A Open minded

B Team orientated

C Enthusiastic

D Communication

E Assertiveness

Correct answer

Question 10

1 point

The most common legal charge against physical education teachers and coaches is:

A statutory rape

B negligence

Correct answer

C assault

D incompetence

E none of the above

Teaching Section 1 - Org & Admin

Question 1

1 point

What type of Leadership Style is "hands off"?

- A Autocratic
- B Democratic
- C Laissez- Faire
- D Eclectic
- E all of the above

Question 2

1 point

What does the abbreviation EEO stand for

- A Equal Employ Open
- B Equal Employment Oportunity
- C Equal Employment Organized
- D None of the above

Question 3

1 point

This Requires that employers make extra effort to attract, employ, and promote members of minority groups?

- A Equal Employment Opportunity
- B Discrimination
- C A lawsuit
- D Affirmative Action

Question 4

1 point

An examination of the program and it's objectives and results to determine how people feel about the program is called what?

- A Conceptual Audit

(B) Strategic Audit

(C) General relations Audit

(D) Public Relations Audit

(E) All of the above

Question 5

1 point

The process of designing and implementing activities for the promotion and distribution of a sport product or service to the consumer is called what?

(A) Marketing

(B) Athletic Marketing

(C) Strategic sports marketing

(D) financial resources marketing

(E) none of the above

Question 6

1 point

The amount of funds, according to the budget, set aside in an account and authorized to be expended during the year for a specific purpose is called?

(A) Appropriation

(B) Fiscal year

(C) Yearly budget

(D) Reserve Fund

(E) None of the above

Question 7

1 point

In order to avoid legal problems arising through the use of sport facilities, it is recommended that institutions:

(A) Establish written standard operating policies

(B) Require appropriate insurance

(C) Develop a written emergency care or crisis reaction plan that is included in any contract with outside users and is frequently reviewed within house users

(D) All of the above

E None of the above

Question 8

1 point

Title IX is best described as:

- A An equal opportunity for women
- B A stop against discrimination
- C An equal opportunity for both men and women
- D Only found in athletics

Question 9

1 point

Which of the following are characteristics of an autocratic or authoritative leader?

- A Open minded
- B Team orientated
- C Enthusiastic
- D Communication
- E Assertiveness

Question 10

1 point

The most common legal charge against physical education teachers and coaches is:

- A statutory rape
- B negligence
- C assault
- D incompetence
- E none of the above

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 1 - Racquet Sports

Question 1

1 point

In racquet sports, good strategies include all of the following except:

- (A) Make one's opponent run
- (B) Use a variety of shots
- (C) Hit to the forehand side
- (D) Hit to the backhand side
- (E) Disguise one's shot

Correct answer

Question 2

1 point

In which sports do the rules allow one to execute service with either an underhand or overhand motion?

- (A) Badminton and tennis
- (B) Badminton and racquetball
- (C) Racquetball and tennis
- (D) All of the above
- (E) None of the above

Correct answer

Question 3

1 point

Which of the following constitutes a tie-breaker for tennis?

- (A) Win by two points
- (B) The next point (one) wins
- (C) The first player to score five points wins
- (D) Win seven points and be ahead by at least two points

Correct answer

E Win twelve points; switch ends at six

Question 4

1 point

A score of "6-2, 4-6, 6-3" would be for which sport?

A Tennis Correct answer

B Badminton

C Racquetball

D Volleyball

E None of the above

Question 5

1 point

A legal serve that is completely missed by the receiver is:

A An ace Correct answer

B A winner

C A fault serve

D A hinder

E Pass

Question 6

1 point

Racquet sports in which singles, doubles, and mixed doubles are contested include:

A Tennis and Racquetball Correct answer

B Racquetball and badminton

C Badminton and tennis

D All of the above Correct answer

E None of the above

Question 7

1 point

"Five feet high" best describes the net height for the sport of:

(A) Pickleball

(B) Tennis

(C) Women's volleyball

(D) Badminton

Correct answer

(E) Men's volleyball

Question 8

1 point

In which racquet sports are points scored only when serving?

(A) Badminton and tennis

(B) Badminton and racquetball

Correct answer

(C) Racquetball and tennis

(D) All of the above

(E) None of the above

Question 9

1 point

Cut-throat is played in:

(A) Tennis

(B) Racquetball

Correct answer

(C) Badminton

(D) Racquetball and tennis

(E) None of the above

Question 10

1 point

In badminton singles, the first server in the second game of a match:

(A) Was the loser of the first game

(B) Is the player who did not serve first in game one

(C) Was the winner of the first game

Correct answer

D Is the player who wins the coin toss for game two

E Is none of the above

Teaching Section 1 - Racquet Sports

Question 1

1 point

In racquet sports, good strategies include all of the following except:

- (A) Make one's opponent run
- (B) Use a variety of shots
- (C) Hit to the forehand side
- (D) Hit to the backhand side
- (E) Disguise one's shot

Question 2

1 point

In which sports do the rules allow one to execute service with either an underhand or overhand motion?

- (A) Badminton and tennis
- (B) Badminton and racquetball
- (C) Racquetball and tennis
- (D) All of the above
- (E) None of the above

Question 3

1 point

Which of the following constitutes a tie-breaker for tennis?

- (A) Win by two points
- (B) The next point (one) wins
- (C) The first player to score five points wins
- (D) Win seven points and be ahead by at least two points
- (E) Win twelve points; switch ends at six

Question 4

1 point

A score of "6-2, 4-6, 6-3" would be for which sport?

- A Tennis
- B Badminton
- C Racquetball
- D Volleyball
- E None of the above

Question 5

1 point

A legal serve that is completely missed by the receiver is:

- A An ace
- B A winner
- C A fault serve
- D A hinder
- E Pass

Question 6

1 point

Racquet sports in which singles, doubles, and mixed doubles are contested include:

- A Tennis and Racquetball
- B Racquetball and badminton
- C Badminton and tennis
- D All of the above
- E None of the above

Question 7

1 point

"Five feet high" best describes the net height for the sport of:

- A Pickleball

(B) Tennis

(C) Women's volleyball

(D) Badminton

(E) Men's volleyball

Question 8

1 point

In which racquet sports are points scored only when serving?

(A) Badminton and tennis

(B) Badminton and racquetball

(C) Racquetball and tennis

(D) All of the above

(E) None of the above

Question 9

1 point

Cut-throat is played in:

(A) Tennis

(B) Racquetball

(C) Badminton

(D) Racquetball and tennis

(E) None of the above

Question 10

1 point

In badminton singles, the first server in the second game of a match:

(A) Was the loser of the first game

(B) Is the player who did not serve first in game one

(C) Was the winner of the first game

(D) Is the player who wins the coin toss for game two

E Is none of the above

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 2 - Eval Psychomotor Performance

Question 1

1 point

If a student obtains a score of 65 in a group where the mean is 74 and the standard deviation is 6, he falls

- (A) two standard deviations above the mean
- (B) two standard deviations below the mean
- (C) one-and-a-half standard deviations above the mean
- (D) one-and-a-half standard deviations below the mean
- (E) one standard deviation below the mean

Correct answer

Question 2

1 point

A measure of central tendency is defined as

- (A) the one score that is most representative of the group
- (B) number of people taking the test minus one
- (C) a large number of test scores grouped for ease in handling
- (D) point above which fall 75 percent of the scores
- (E) all of the above

Correct answer

Question 3

1 point

The best criterion for evaluating total badminton playing ability is

- (A) performance on a construct-valid test
- (B) performance in a round-robin tournament
- (C) playing analysis
- (D) the teacher's opinion

Correct answer

Question 4

1 point

What is the most serious limitation of the sit and reach test as a measure of flexibility?

- (A) the time and equipment necessary to administer the test are prohibitive
- (B) the test has both positive and negative scores
- (C) the test is not a reliable measure of flexibility
- (D) the test is specific to one group of muscles

Correct answer

Question 5

1 point

Body mass index(BMI) provides an indication of

- (A) percent body fat
- (B) fat distribution
- (C) body composition
- (D) the relationship of weight to height

Correct answer

- (E) all of the above

Question 6

1 point

Norms are most appropriate for

- (A) comparing students' performances
- (B) assigned grades to students
- (C) motivating students
- (D) predicting student performance

Correct answer

Question 7

1 point

When a single letter or numerical grade is reported for a school course, the grade is most useful if it represents

- (A) a pure measure of the degree to which the student has achieved the course objectives
- (B) an evaluation of achievement in the light of the pupil's ability
- (C) an evaluation of achievement modified by considerations of effort and interest

Correct answer

D a total appraisal of the student's achievement and personality

E none of the above

Question 8

1 point

A test which can be administered and scored without the results being affected by the administrator's personal judgement is said to be

A valid

B standardized

C reliable

D practical

E objective

Correct answer

Question 9

1 point

The components of physical fitness relate to the development of health and contribute to an increase in functional capacity of the body. Four of the health-related components of physical fitness are:

A cardiovascular endurance, agility, strength, and muscular endurance

B muscular endurance, strength, flexibility, and cardiovascular endurance

Correct answer

C neuromuscular coordination, optimum organic health, strength, and muscular endurance

D body composition, strength, cardiovascular endurance, and power

E all of the above are correct

Question 10

1 point

When scores on different variables, such as a skill test and a written test, are to be added, the best method is to transform the scores to:

A percentiles

B raw scores

C standard scores

Correct answer

D age, height, and weight raw scores

Teaching Section 2 - Eval Psychomotor Performance

Question 1

1 point

If a student obtains a score of 65 in a group where the mean is 74 and the standard deviation is 6, he falls

- (A) two standard deviations above the mean
- (B) two standard deviations below the mean
- (C) one-and-a-half standard deviations above the mean
- (D) one-and-a-half standard deviations below the mean
- (E) one standard deviation below the mean

Question 2

1 point

A measure of central tendency is defined as

- (A) the one score that is most representative of the group
- (B) number of people taking the test minus one
- (C) a large number of test scores grouped for ease in handling
- (D) point above which fall 75 percent of the scores
- (E) all of the above

Question 3

1 point

The best criterion for evaluating total badminton playing ability is

- (A) performance on a construct-valid test
- (B) performance in a round-robin tournament
- (C) playing analysis
- (D) the teacher's opinion

Question 4

1 point

What is the most serious limitation of the sit and reach test as a measure of flexibility?

- (A) the time and equipment necessary to administer the test are prohibitive
- (B) the test has both positive and negative scores
- (C) the test is not a reliable measure of flexibility
- (D) the test is specific to one group of muscles

Question 5

1 point

Body mass index(BMI) provides an indication of

- (A) percent body fat
- (B) fat distribution
- (C) body composition
- (D) the relationship of weight to height
- (E) all of the above

Question 6

1 point

Norms are most appropriate for

- (A) comparing students' performances
- (B) assigned grades to students
- (C) motivating students
- (D) predicting student performance

Question 7

1 point

When a single letter or numerical grade is reported for a school course, the grade is most useful if it represents

- (A) a pure measure of the degree to which the student has achieved the course objectives
- (B) an evaluation of achievement in the light of the pupil's ability
- (C) an evaluation of achievement modified by considerations of effort and interest
- (D) a total appraisal of the student's achievement and personality
- (E) none of the above

Question 8

1 point

A test which can be administered and scored without the results being affected by the administrator's personal judgement is said to be

- (A) valid
- (B) standardized
- (C) reliable
- (D) practical
- (E) objective

Question 9

1 point

The components of physical fitness relate to the development of health and contribute to an increase in functional capacity of the body. Four of the health-related components of physical fitness are:

- (A) cardiovascular endurance, agility, strength, and muscular endurance
- (B) muscular endurance, strength, flexibility, and cardiovascular endurance
- (C) neuromuscular coordination, optimum organic health, strength, and muscular endurance
- (D) body composition, strength, cardiovascular endurance, and power
- (E) all of the above are correct

Question 10

1 point

When scores on different variables, such as a skill test and a written test, are to be added, the best method is to transform the scores to:

- (A) percentiles
- (B) raw scores
- (C) standard scores
- (D) age, height, and weight raw scores

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 2 - Exercise Physiology

Question 1

1 point

After an 800-m time trial to get into the finals, an athlete should do which of the following to facilitate removal of lactic acid from the blood?

(A) perform stretching exercises

(B) sit and rest quietly

(C) perform moderate-intensity jogging

Correct answer

(D) drink several glasses of water

Question 2

1 point

The all-or-none response means:

(A) all of the muscles in a region contract together

(B) all of the muscle fibers within a muscle contract together

(C) when a muscle fiber contracts, it contracts to its fullest extent

Correct answer

(D) when a muscle fiber contracts, all of its ATP is changed to ADP

Question 3

1 point

Why would cardiovascular endurance conditioning be important for athletes in nonendurance sports?

(A) maximal oxygen consumption is a critical component in strength activities

(B) quality of burst type activity can be maintained throughout the game or contest

Correct answer

(C) cardiac output is an essential factor in anaerobic activities

(D) because this type of conditioning would be considered highly specific

(E) all of the above

Question 4

1 point

How can overtraining be identified?

A sudden decline in performance

Correct answer

B a desire to train ever harder

C excessive increase in appetite

D hypotension in younger athletes

E increased immune function

Question 5

1 point

Success in endurance activities depends largely on high:

A Vo₂ max value

B lactate threshold or OBLA

C economy of effort (lower percent of Vo₂ max for the same rate of work)

D percentage of ST muscle fibers

E all of the above

Correct answer

Question 6

1 point

If a well-nourished individual engaged in strenuous activity, what nutrient would be least likely to be metabolized as a source of energy?

A fat

B water

C glucose

D carbohydrate

E protein

Correct answer

Question 7

1 point

Anaerobic training results in which of the following changes within the muscle?

A increased muscle respiratory capacity

B increase in oxidative enzymes

C increase in glycolytic enzymes

Correct answer

D none of the above

Question 8

1 point

Power is increased almost exclusively through gaining in

A endurance

B speed

C strength

Correct answer

D strength-endurance

E none of the above

Question 9

1 point

Which of the following would likely account for the fatigue experienced by a marathon runner?

A high muscle pH

B low muscle pH

C high muscle lactate levels

D glycogen depletion and hypoglycemia

Correct answer

Question 10

1 point

What is the suggested treatment for overtraining?

A shock the system with an increased training load for 2-3 days

B complete bed rest for up to 72 hours

C reduce training intensity or complete rest

Correct answer

D continue the same level of training and vastly increase carbohydrate intake

E all of the above

Teaching Section 2 - Exercise Physiology

Question 1

1 point

After an 800-m time trial to get into the finals, an athlete should do which of the following to facilitate removal of lactic acid from the blood?

- (A) perform stretching exercises
- (B) sit and rest quietly
- (C) perform moderate-intensity jogging
- (D) drink several glasses of water

Question 2

1 point

The all-or-none response means:

- (A) all of the muscles in a region contract together
- (B) all of the muscle fibers within a muscle contract together
- (C) when a muscle fiber contracts, it contracts to its fullest extent
- (D) when a muscle fiber contracts, all of its ATP is changed to ADP

Question 3

1 point

Why would cardiovascular endurance conditioning be important for athletes in nonendurance sports?

- (A) maximal oxygen consumption is a critical component in strength activities
- (B) quality of burst type activity can be maintained throughout the game or contest
- (C) cardiac output is an essential factor in anaerobic activities
- (D) because this type of conditioning would be considered highly specific
- (E) all of the above

Question 4

1 point

How can overtraining be identified?

- (A) sudden decline in performance

(B) a desire to train ever harder

(C) excessive increase in appetite

(D) hypotension in younger athletes

(E) increased immune function

Question 5

1 point

Success in endurance activities depends largely on high:

(A) Vo_2 max value

(B) lactate threshold or OBLA

(C) economy of effort (lower percent of Vo_2 max for the same rate of work)

(D) percentage of ST muscle fibers

(E) all of the above

Question 6

1 point

If a well-nourished individual engaged in strenuous activity, what nutrient would be least likely to be metabolized as a source of energy?

(A) fat

(B) water

(C) glucose

(D) carbohydrate

(E) protein

Question 7

1 point

Anaerobic training results in which of the following changes within the muscle?

(A) increased muscle respiratory capacity

(B) increase in oxidative enzymes

(C) increase in glycolytic enzymes

(D) none of the above

Question 8

1 point

Power is increased almost exclusively through gaining in

- A endurance
- B speed
- C strength
- D strength-endurance
- E none of the above

Question 9

1 point

Which of the following would likely account for the fatigue experienced by a marathon runner?

- A high muscle pH
- B low muscle pH
- C high muscle lactate levels
- D glycogen depletion and hypoglycemia

Question 10

1 point

What is the suggested treatment for overtraining?

- A shock the system with an increased training load for 2-3 days
- B complete bed rest for up to 72 hours
- C reduce training intensity or complete rest
- D continue the same level of training and vastly increase carbohydrate intake
- E all of the above

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 2 - Fitness

Question 1

1 point

What is th equivlant to .10 BAC (Blood Alcohol Content)?

- (A) One mixed drink
- (B) One beer
- (C) One shot of alcohol
- (D) All of the above

Correct answer

Question 2

1 point

One point of fat equals how many calories?

- (A) 500
- (B) 1500
- (C) 2000
- (D) 3500

Correct answer

Question 3

1 point

Compared to the heart of a person who is less fit, a fit person's heart

- (A) pumps more blood with fewer beats
- (B) pumps more blood with more beats
- (C) pumps less blood with fewer beats
- (D) pumps less blood with more beats

Correct answer

Question 4

1 point

Hypertension is diagnosed for adults when the average of two or more diastolic blood pressure measurements on at least two seperate visits is ____mm Hg or higher, and/or the systolic measurements are ____mm Hg or highter

- (A) 110/60

B 140/90

Correct answer

C 120/80

D 160/100

E 180/110

Question 5

1 point

The three stages of a safe exercise program are:

A warm-up, stretching, workout

B warm-up, work-out, cool-down

Correct answer

C work-out, cool-down, stretching

D work-out, stretching, jogging

Question 6

1 point

Life expectancy increases when people have

A hypertension

B negative attitudes

C active lifestyles

Correct answer

D obesity

Question 7

1 point

The most accurate method for assessing body fatness is

A girth measurement

B underwater weighing

Correct answer

C skinfold measurement

D balance scale

E X-ray procedure

Question 8

1 point

According to the surgeon General, the most single important preventable cause of death in the United States is

(A) obesity

(B) smoking

Correct answer

(C) drugs

(D) stress

Question 9

1 point

How long do you need to keep your heart rate elevated in order to improve your cardiovascular fitness?

(A) 10-20 minutes

(B) 20-30 minutes

Correct answer

(C) 30-40 minutes

(D) 40-50 minutes

Question 10

1 point

Which of the following is true with regard to a walking program?

(A) walking burns off calories at a rate of 300 calories per mile

(B) walking tends to selectively develop the anaerobic system

(C) walking at a normal pace can contribute greatly to general physical fitness

Correct answer

(D) because walking is so slow, a target heart rate does not need to be taken

Question 11

1 point

A strength-training program will improve:

(A) cardiovascular endurance and flexibility

(B) cardiovascular endurance and lean muscle mass

(C) lean muscle mass and flexibility

(D) lean muscle mass and increased basal metabolic rate

Correct answer

Question 12

1 point

All of the following are health related components of physical fitness except:

(A) muscular strength

(B) agility

Correct answer

(C) cardiovascular endurance

(D) flexibility

Question 13

1 point

What phrase best describes cardiovascular endurance?

(A) the ability to supply and utilize oxygen over a period of time, in sufficient amounts, to perform normal and unusual activities

(B) the ability of the heart, lungs, and circulatory system to deliver oxygen and nutrient to cells

(C) the ability of the body as a whole to participate in moderately vigorous activity for extended periods of time

(D) all of the alternatives are correct

Correct answer

Question 14

1 point

Your resting heart rate is the number of heartbeats per

(A) minute while exercising

(B) minutes while you are still

Correct answer

(C) 15 seconds after exercising

(D) minute while you are asleep

Question 15

1 point

The body composition of a male is considered to be at an unhealthy range, too low, when body fat percentage falls below a threshold of ___%

(A) 5

Correct answer

(B) 12

(C) 9

(D) 16

Question 16

1 point

When designing a workout you should consider

- (A) warm-ups and cool-downs
- (B) muscular conditioning
- (C) cardiovascular conditioning
- (D) all of the above

Correct answer

Question 17

1 point

These are composed of chains of amino acid and are manufactured in every living cell

- (A) minerals
- (B) vitamins
- (C) fiber
- (D) proteins

Correct answer

Question 18

1 point

Intensity means

- (A) how often a person exercises
- (B) how long a person exercises
- (C) how much a person enjoys exercising
- (D) how hard a person exercises

Correct answer

Question 19

1 point

The first step of a good warm-up is

- (A) stretching
- (B) low-intensity aerobic
- (C) activity

Correct answer

D resistance training

E isometrics

Question 20

1 point

The fitness principle that advocates a gradual systematic increase of the load over a period of time is referred to as the principle of

A all-or-none

B muscle recruitment

C overload

D progression

Correct answer

E specificity

Question 21

1 point

The cardiovascular system includes the

A heart, lungs, bones, and muscle

B heart, lungs, blood, and blood vessels

Correct answer

C brain, heart, and lungs

D heart, muscles, blood, and blood vessel

Question 22

1 point

With regular exercise, your nervous system

A lowers your resting heart rate

B raises your resting heart rate

C causes your heart rate to supply less blood and oxygen to your body

D causes your brain to work more efficiently

Correct answer

Question 23

1 point

This happens when body is under stress

A Altered Immune System Response

B Decreased Digestive Activity

C Increased Sweating

D All of the above

Correct answer

Question 24

1 point

The recommended percentage of body fat for a woman

A 16-25%

Correct answer

B 5-12%

C 25-35%

D 30-50%

Question 25

1 point

Cooling down after exercising is important:

A to extending the exercise time and expending more calories

B providing one warms up prior to exercise

C to restoring circulation to its normal resting condition

Correct answer

D when you have been exercising less than 20 minutes

Question 26

1 point

The recommended percentage of body fat for a man

A 5-10%

B 12-18%

Correct answer

C 16-25%

D 25-40%

Question 27

1 point

Which drug is associated with most teenage deaths?

A Marijuana

B Cocaine

C Heroin

D Alcohol

Correct answer

Question 28

1 point

The formula for aerobic fitness, the "F.I.T.T." principle, refers to

A the minimum amount of exercise for fitness

B Fundamental Intensity Threshold

C fast, intense, tough, time

D frequency, intensity, time , type

Correct answer

Question 29

1 point

The body's most vital nutrient

A water

Correct answer

B carbohydrates

C fat

D protein

Question 30

1 point

The fitness principle that states "in order to promote improvement, the intensity must be greater than that to which the individual is accustomed" is called the principle of

A adaptation

B intensity

C muscle recruitment

D overload

Correct answer

E progression

Question 31

1 point

A measure of the maximum amount of force that a muscle can exert one time is called

(A) muscular endurance

(B) sticking point

(C) strength

Correct answer

(D) power

(E) progression

Question 32

1 point

Anabolic steroids are synthetic derivatives of ____

(A) testosterone

Correct answer

(B) estrogen

(C) insulin

(D) glucagon

(E) cortisol

Question 33

1 point

These function primarily as structural elements and make up 5 percent of the body

(A) Minerals

Correct answer

(B) Vitamins

(C) Fiber

(D) Proteins

Question 34

1 point

How should maximal heart rate be estimated?

(A) doubling pulse rate

(B) subtracting age from 220

Correct answer

(C) adding age into 150

(D) dividing age into 330

E judging from perceived exertion

Question 35

1 point

What is the leading cause of death in America?

A Diabetes

B Heart Disease

Correct answer

C Cancer

D Stroke

Teaching Section 2 - Fitness

Question 1

1 point

What is th equivilant to .10 BAC (Blood Alcohol Content)?

- (A) One mixed drink
- (B) One beer
- (C) One shot of alcohol
- (D) All of the above

Question 2

1 point

One point of fat equals how many calories?

- (A) 500
- (B) 1500
- (C) 2000
- (D) 3500

Question 3

1 point

Compared to the heart of a person who is less fit, a fit person's heart

- (A) pumps more blood with fewer beats
- (B) pumps more blood with more beats
- (C) pumps less blood with fewer beats
- (D) pumps less blood with more beats

Question 4

1 point

Hypertension is diagnosed for adults when the average of two or more diastolic blood pressure measurements on at least two seperate visits is ____mm Hg or higher, and/or the systolic measurements are ____mm Hg or highter

- (A) 110/60
- (B) 140/90

(C) 120/80

(D) 160/100

(E) 180/110

Question 5

1 point

The three stages of a safe exercise program are:

(A) warm-up, stretching, workout

(B) warm-up, work-out, cool-down

(C) work-out, cool-down, stretching

(D) work-out, stretching, jogging

Question 6

1 point

Life expectancy increases when people have

(A) hypertension

(B) negative attitudes

(C) active lifestyles

(D) obesity

Question 7

1 point

The most accurate method for assessing body fatness is

(A) girth measurement

(B) underwater weighing

(C) skinfold measurement

(D) balance scale

(E) X-ray procedure

Question 8

1 point

According to the surgeon General, the most single important preventable cause of death in the United States is

(A) obesity

(B) smoking

(C) drugs

(D) stress

Question 9

1 point

How long do you need to keep your heart rate elevated in order to improve your cardiovascular fitness?

(A) 10-20 minutes

(B) 20-30 minutes

(C) 30-40 minutes

(D) 40-50 minutes

Question 10

1 point

Which of the following is true with regard to a walking program?

(A) walking burns off calories at a rate of 300 calories per mile

(B) walking tends to selectively develop the anaerobic system

(C) walking at a normal pace can contribute greatly to general physical fitness

(D) because walking is so slow, a target heart rate does not need to be taken

Question 11

1 point

A strength-training program will improve:

(A) cardiovascular endurance and flexibility

(B) cardiovascular endurance and lean muscle mass

(C) lean muscle mass and flexibility

(D) lean muscle mass and increased basal metabolic rate

Question 12

1 point

All of the following are health related components of physical fitness except:

(A) muscular strength

(B) agility

(C) cardiovascular endurance

(D) flexibility

Question 13

1 point

What phrase best describes cardiovascular endurance?

(A) the ability to supply and utilize oxygen over a period of time, in sufficient amounts, to perform normal and unusual activities

(B) the ability of the heart, lungs, and circulatory system to deliver oxygen and nutrient to cells

(C) the ability of the body as a whole to participate in moderately vigorous activity for extended periods of time

(D) all of the alternatives are correct

Question 14

1 point

Your resting heart rate is the number of heartbeats per

(A) minute while exercising

(B) minutes while you are still

(C) 15 seconds after exercising

(D) minute while you are asleep

Question 15

1 point

The body composition of a male is considered to be at an unhealthy range, too low, when body fat percentage falls below a threshold of ___%

(A) 5

(B) 12

(C) 9

(D) 16

(E) 20

Question 16

1 point

When designing a workout you should consider

- (A) warm-ups and cool-downs
- (B) muscular conditioning
- (C) cardiovascular conditioning
- (D) all of the above

Question 17

1 point

These are composed of chains of amino acid and are manufactured in every living cell

- (A) minerals
- (B) vitamins
- (C) fiber
- (D) proteins

Question 18

1 point

Intensity means

- (A) how often a person exercises
- (B) how long a person exercises
- (C) how much a person enjoys exercising
- (D) how hard a person exercises

Question 19

1 point

The first step of a good warm-up is

- (A) stretching
- (B) low-intensity aerobic
- (C) activity
- (D) resistance training

Question 20

1 point

The fitness principle that advocates a gradual systematic increase of the load over a period of time is referred to as the principle of

- (A) all-or-none
- (B) muscle recruitment
- (C) overload
- (D) progression
- (E) specificity

Question 21

1 point

The cardiovascular system includes the

- (A) heart, lungs, bones, and muscle
- (B) heart, lungs, blood, and blood vessels
- (C) brain, heart, and lungs
- (D) heart, muscles, blood, and blood vessel

Question 22

1 point

With regular exercise, your nervous system

- (A) lowers your resting heart rate
- (B) raises your resting heart rate
- (C) causes your heart rate to supply less blood and oxygen to your body
- (D) causes your brain to work more efficiently

Question 23

1 point

This happens when body is under stress

- (A) Altered Immune System Response
- (B) Decreased Digestive Activity

C Increased Sweating

D All of the above

Question 24

1 point

The recommended percentage of body fat for a woman

A 16-25%

B 5-12%

C 25-35%

D 30-50%

Question 25

1 point

Cooling down after exercising is important:

A to extending the exercise time and expending more calories

B providing one warms up prior to exercise

C to restoring circulation to its normal resting condition

D when you have been exercising less than 20 minutes

Question 26

1 point

The recommended percentage of body fat for a man

A 5-10%

B 12-18%

C 16-25%

D 25-40%

Question 27

1 point

Which drug is associated with most teenage deaths?

A Marijuana

B Cocaine

C Heroin

D Alcohol

Question 28

1 point

The formula for aerobic fitness, the "F.I.T.T." principle, refers to

A the minimum amount of exercise for fitness

B Fundamental Intensity Threshold

C fast, intense, tough, time

D frequency, intensity, time , type

Question 29

1 point

The body's most vital nutrient

A water

B carbohydrates

C fat

D protein

Question 30

1 point

The fitness principle that states "in order to promote improvement, the intensity must be greater than that to which the individual is accustomed" is called the principle of

A adaptation

B intensity

C muscle recruitment

D overload

E progression

Question 31

1 point

A measure of the maximum amount of force that a muscle can exert one time is called

A muscular endurance

(B) sticking point

(C) strength

(D) power

(E) progression

Question 32

1 point

Anabolic steroids are synthetic derivatives of ____

(A) testosterone

(B) estrogen

(C) insulin

(D) glucagon

(E) cortisol

Question 33

1 point

These function primarily as structural elements and make up 5 percent of the body

(A) Minerals

(B) Vitamins

(C) Fiber

(D) Proteins

Question 34

1 point

How should maximal heart rate be estimated?

(A) doubling pulse rate

(B) subtracting age from 220

(C) adding age into 150

(D) dividing age into 330

(E) judging from perceived exertion

Question 35

1 point

What is the leading cause of death in America?

- A Diabetes
- B Heart Disease
- C Cancer
- D Stroke

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 2 - Kinesiology

Question 1

1 point

If all other factors are held constant, what effect would "choking up" on a baseball bat have on the resultant velocity of a hit ball?

A it would increase

B it would decrease

Correct answer

C it would remain the same

D it would vary with the size of the ball

Question 2

1 point

When a long jump performance is analyzed, the quantity most likely to be of interest is:

A the average velocity of the jumper during the run-up

B the instantaneous velocity of the jumper at takeoff

Correct answer

C the average velocity of the jumper during the flight

D the instantaneous velocity of the jumper at landing

Question 3

1 point

What effect will right rotational spin (around a vertical axis) have on a thrown baseball?

A veer to the right

Correct answer

B veer to the left

C drop

D no effect

Question 4

1 point

When there is no appreciable change in the length of a contracting muscle, the contraction is said to be:

A isotonic

B isometric

Correct answer

C concentric

D eccentric

Question 5

1 point

Power is the product of:

A mass and acceleration

B force and angular velocity

C force and distance

D force and velocity

Correct answer

E torque and time

Question 6

1 point

The joint angle associated with maximum muscular torque is approximately which of the following?

A 30 degrees

B 45 degrees

C 60 degrees

D 90 degrees

Correct answer

Question 7

1 point

Which of the following is TRUE about the stretch reflex?

A can be evoked by a full, stretching backswing

B is a safety device within the body that prevents tearing injuries

C causes the involved muscle to contract

D all of the above

Correct answer

Question 8

1 point

Which of the following motions occurs primarily in the sagittal plane?

A running

Correct answer

B a cartwheel

C a pirouette

D all of the above

Question 9

1 point

Which kind of joint is the knee?

A fibrous

B cartilaginous

C synovial

Correct answer

D appendicular

Question 10

1 point

Which of the following describes the role of an antagonist?

A it causes an opposite motion to that of the mover

Correct answer

B it prevents an undesirable motion of the mover

C is primarily responsible for producing a movement

D none of the above

Teaching Section 2 - Kinesiology

Question 1

1 point

If all other factors are held constant, what effect would "choking up" on a baseball bat have on the resultant velocity of a hit ball?

- (A) it would increase
- (B) it would decrease
- (C) it would remain the same
- (D) it would vary with the size of the ball

Question 2

1 point

When a long jump performance is analyzed, the quantity most likely to be of interest is:

- (A) the average velocity of the jumper during the run-up
- (B) the instantaneous velocity of the jumper at takeoff
- (C) the average velocity of the jumper during the flight
- (D) the instantaneous velocity of the jumper at landing

Question 3

1 point

What effect will right rotational spin (around a vertical axis) have on a thrown baseball?

- (A) veer to the right
- (B) veer to the left
- (C) drop
- (D) no effect

Question 4

1 point

When there is no appreciable change in the length of a contracting muscle, the contraction is said to be:

- (A) isotonic
- (B) isometric

(C) concentric

(D) eccentric

Question 5

1 point

Power is the product of:

(A) mass and acceleration

(B) force and angular velocity

(C) force and distance

(D) force and velocity

(E) torque and time

Question 6

1 point

The joint angle associated with maximum muscular torque is approximately which of the following?

(A) 30 degrees

(B) 45 degrees

(C) 60 degrees

(D) 90 degrees

Question 7

1 point

Which of the following is TRUE about the stretch reflex?

(A) can be evoked by a full, stretching backswing

(B) is a safety device within the body that prevents tearing injuries

(C) causes the involved muscle to contract

(D) all of the above

Question 8

1 point

Which of the following motions occurs primarily in the sagittal plane?

(A) running

B a cartwheel

C a pirouette

D all of the above

Question 9

1 point

Which kind of joint is the knee?

A fibrous

B cartilaginous

C synovial

D appendicular

Question 10

1 point

Which of the following describes the role of an antagonist?

A it causes an opposite motion to that of the mover

B it prevents an undesirable motion of the mover

C is primarily responsible for producing a movement

D none of the above

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 3 - 1st Aid/Prev & Care of Injuries

Question 1

1 point

When an individual has slight mental confusion, dizziness, minimal unsteadiness, and a brief loss of judgement, they have what grade of concussion?

- (A) Grade I
- (B) Grade II
- (C) Grade III
- (D) Grading concussions is not the current protocol.

Correct answer

Question 2

1 point

The two main reasons for performing the "Check" step of "Check-Call-Care" are to find out:

- (A) past medical problems and what happened
- (B) victim's level of consciousness and if there are any broken bones
- (C) if scene is safe and to call an ambulance
- (D) if scene is safe and the victim's level of consciousness

Correct answer

Question 3

1 point

The main stabilizing ligament of the knee is the

- (A) anterior cruciate
- (B) medial collateral
- (C) posterior cruciate
- (D) lateral collateral

Correct answer

Question 4

1 point

If a co-worker is sweating and nauseated and complains of chest pain, what should you do next?

- (A) have someone call EMS

(B) Have the victim stop working and sit or lie down in a comfortable position

(C) Recognize that chest pain, sweating, and nausea may indicate a heart attack

(D) All are correct

Correct answer

Question 5

1 point

When should you do rescue breathing instead of CPR?

(A) When someone complains of shortness of breath

(B) When someone isn't breathing and doesn't have a pulse

(C) When someone isn't breathing but has a pulse

Correct answer

(D) When someone collapses after moderate exercise

Question 6

1 point

How should you place your hands when doing abdominal thrusts?

(A) To either the left or the right of the navel

(B) in the middle of the breastbone

(C) on the middle of the abdomen, just above the navel and well below the lower tip of the breastbone

Correct answer

(D) on the notch where the rib meets the breastbone, in the center of the chest

Question 7

1 point

Which of the following will not occur when ice is used?

(A) decrease pain

(B) increase muscle elasticity

Correct answer

(C) decrease spasm

(D) increase anesthetic effect

Question 8

1 point

Standard of care is defined as

(A) committing an act that is not your responsibility to perform

B committing an act that another minimally competent professional would do in the same circumstance

Correct answer

C committing an act that is your responsibility to perform, but you use the wrong procedure

D failing to perform your legal duty of care

Question 9

1 point

What should be your first concern at a scene where a person has been seriously burned?

A Checking the scene safety

Correct answer

B Checking the victim's breathing and pulse

C Calling your local emergency phone number

D Cooling the burned area

Question 10

1 point

You have tried to control a victim's bleeding with direct pressure and elevation, but the bleeding does not stop. Where would you apply pressure to slow the flow of blood to a wound on the forearm?

A Outside the arm midway between the shoulder and elbow

B on the inside of the elbow

C Inside of the arm midway between the shoulder and elbow

Correct answer

D Any of the above will slow the flow of blood

Question 11

1 point

A friend suddenly starts to choke while eating dinner. He is conscious but is coughing weakly and is making a high-pitched sound. What should you do?

A Do not interfere and encourage him to continue coughing

B Ask "Are you choking?" and give a combination of back blows and abdominal thrusts

Correct answer

C Do a finger sweep

D Slap him on the back until he stops coughing

Question 12

1 point

The three bones that make up the ankle joint are

A tibia, fibula, talus

Correct answer

(B) tibia, fibula, calcaneus

(C) fibula, calcaneus, talus

(D) tibia, navicular, cuneiforms

Question 13

1 point

Which would you do when caring for a seizure victim?

(A) Remove nearby objects that might cause injury

Correct answer

(B) Place a small object, such as a rolled-up piece of cloth, between the victim's teeth

(C) Try to hold the person still

(D) All of the above

Question 14

1 point

Which is the appropriate position for a victim who is showing the signals of shock as a result of injuries to the head or neck?

(A) legs elevated about 24 inches

(B) head and shoulders elevated about 12 inches

(C) lying flat on the back

Correct answer

(D) on one side with head slightly elevated

Question 15

1 point

Which of the following tasks should not be performed by an athletic trainer?

(A) evaluation of an injury

(B) treatment of an injury

(C) diagnosis of an injury

Correct answer

(D) recognition of an injury

Question 16

1 point

Which of the following should not be done when managing a bleeding nose?

(A) tilt the head back to decrease bleeding

B lie on the same side as the bleeding septum

C place a cold compress over the nasal junction

Correct answer

D apply finger pressure to the affected nostril

Question 17

1 point

The steps of an adult CPR cycle are

A a finger sweep and 2 breaths

B 5 chest compressions and 10 breaths

C 30 chest compressions and 2 breaths

Correct answer

D 15 abdominal thrusts and 2 breaths

Question 18

1 point

Which of the following victims need CPR?

A someone whose heart has stopped beating

Correct answer

B someone who is having a heart attack

C someone who is not breathing

D All are correct.

Question 19

1 point

A single application of cold should not extend beyond

A 10 min

B 15 min

C 20 min

Correct answer

D 30 min

Question 20

1 point

How should you open the airway of an unconscious victim?

A Tilt the head back and lift the neck

B Tilt the head back and lift the chin

Correct answer

C Tilt the head back and push down on the chin

D Do a finger sweep and then 6-10 abdominal thrusts

Teaching Section 3 - 1st Aid/Prev & Care of Injuries

Question 1

1 point

When an individual has slight mental confusion, dizziness, minimal unsteadiness, and a brief loss of judgement, they have what grade of concussion?

- A Grade I
- B Grade II
- C Grade III
- D Grading concussions is not the current protocol.

Question 2

1 point

The two main reasons for performing the "Check" step of "Check-Call-Care" are to find out:

- A past medical problems and what happened
- B victim's level of consciousness and if there are any broken bones
- C if scene is safe and to call an ambulance
- D if scene is safe and the victim's level of consciousness

Question 3

1 point

The main stabilizing ligament of the knee is the

- A anterior cruciate
- B medial collateral
- C posterior cruciate
- D lateral collateral

Question 4

1 point

If a co-worker is sweating and nauseated and complains of chest pain, what should you do next?

- A have someone call EMS
- B Have the victim stop working and sit or lie down in a comfortable position

C Recognize that chest pain, sweating, and nausea may indicate a heart attack

D All are correct

Question 5

1 point

When should you do rescue breathing instead of CPR?

A When someone complains of shortness of breath

B When someone isn't breathing and doesn't have a pulse

C When someone isn't breathing but has a pulse

D When someone collapses after moderate exercise

Question 6

1 point

How should you place your hands when doing abdominal thrusts?

A To either the left or the right of the navel

B in the middle of the breastbone

C on the middle of the abdomen, just above the navel and well below the lower tip of the breastbone

D on the notch where the rib meets the breastbone, in the center of the chest

Question 7

1 point

Which of the following will not occur when ice is used?

A decrease pain

B increase muscle elasticity

C decrease spasm

D increase anesthetic effect

Question 8

1 point

Standard of care is defined as

A committing an act that is not your responsibility to perform

B committing an act that another minimally competent professional would do in the same circumstance

(C) committing an act that is your responsibility to perform, but you use the wrong procedure

(D) failing to perform your legal duty of care

Question 9

1 point

What should be your first concern at a scene where a person has been seriously burned?

(A) Checking the scene safety

(B) Checking the victim's breathing and pulse

(C) Calling your local emergency phone number

(D) Cooling the burned area

Question 10

1 point

You have tried to control a victim's bleeding with direct pressure and elevation, but the bleeding does not stop. Where would you apply pressure to slow the flow of blood to a wound on the forearm?

(A) Outside the arm midway between the shoulder and elbow

(B) on the inside of the elbow

(C) Inside of the arm midway between the shoulder and elbow

(D) Any of the above will slow the flow of blood

Question 11

1 point

A friend suddenly starts to choke while eating dinner. He is conscious but is coughing weakly and is making a high-pitched sound. What should you do?

(A) Do not interfere and encourage him to continue coughing

(B) Ask "Are you choking?" and give a combination of back blows and abdominal thrusts

(C) Do a finger sweep

(D) Slap him on the back until he stops coughing

Question 12

1 point

The three bones that make up the ankle joint are

(A) tibia, fibula, talus

(B) tibia, fibula, calcaneus

C fibula, calcaneus, talus

D tibia, navicular, cuneiforms

Question 13

1 point

Which would you do when caring for a seizure victim?

A Remove nearby objects that might cause injury

B Place a small object, such as a rolled-up piece of cloth, between the victim's teeth

C Try to hold the person still

D All of the above

Question 14

1 point

Which is the appropriate position for a victim who is showing the signals of shock as a result of injuries to the head or neck?

A legs elevated about 24 inches

B head and shoulders elevated about 12 inches

C lying flat on the back

D on one side with head slightly elevated

Question 15

1 point

Which of the following tasks should not be performed by an athletic trainer?

A evaluation of an injury

B treatment of an injury

C diagnosis of an injury

D recognition of an injury

Question 16

1 point

Which of the following should not be done when managing a bleeding nose?

A tilt the head back to decrease bleeding

B lie on the same side as the bleeding septum

(C) place a cold compress over the nasal junction

(D) apply finger pressure to the affected nostril

Question 17

1 point

The steps of an adult CPR cycle are

(A) a finger sweep and 2 breaths

(B) 5 chest compressions and 10 breaths

(C) 30 chest compressions and 2 breaths

(D) 15 abdominal thrusts and 2 breaths

Question 18

1 point

Which of the following victims need CPR?

(A) someone whose heart has stopped beating

(B) someone who is having a heart attack

(C) someone who is not breathing

(D) All are correct.

Question 19

1 point

A single application of cold should not extend beyond

(A) 10 min

(B) 15 min

(C) 20 min

(D) 30 min

Question 20

1 point

How should you open the airway of an unconscious victim?

(A) Tilt the head back and lift the neck

(B) Tilt the head back and lift the chin

(C) Tilt the head back and push down on the chin

(D) Do a finger sweep and then 6-10 abdominal thrusts

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 3 - Aquatics

Question 1

1 point

Why is streamlining of strokes important?

- (A) reduces the resistance of the water in motion
- (B) increases the beauty of stroke
- (C) aids in the relaxation of the swimmer
- (D) provides a more buoyant feeling

Correct answer

Question 2

1 point

What is glide?

- (A) safety procedure
- (B) power phase of the arms
- (C) movement following each stroke
- (D) phase of the stroke following the power phase

Correct answer

Question 3

1 point

What is the proper breathing technique for any swimming stroke?

- (A) Air is inhaled through the mouth then exhaled through the nose and mouth
- (B) Air is inhaled through the nose and mouth then exhaled through the nose and mouth
- (C) Air is inhaled through the nose and exhaled through the nose
- (D) Air is inhaled through the mouth and exhaled through the mouth

Correct answer

Question 4

1 point

Which safety rule should be observed by all swimmers?

- (A) Do not swim at night

B Do not swim alone

Correct answer

C Do not swim in unknown waters

D Do not swim in water over 25 feet deep

Question 5

1 point

In what position should a person be after extending a pole to a swimmer?

A standing with legs bent and apart and with the weight back

Correct answer

B sitting on the side of the pool

C kneeling on one knee

D standing with weight on front leg to get a greater reach

Teaching Section 3 - Aquatics

Question 1

1 point

Why is streamlining of strokes important?

- (A) reduces the resistance of the water in motion
- (B) increases the beauty of stroke
- (C) aids in the relaxation of the swimmer
- (D) provides a more buoyant feeling

Question 2

1 point

What is glide?

- (A) safety procedure
- (B) power phase of the arms
- (C) movement following each stroke
- (D) phase of the stroke following the power phase

Question 3

1 point

What is the proper breathing technique for any swimming stroke?

- (A) Air is inhaled through the mouth then exhaled through the nose and mouth
- (B) Air is inhaled through the nose and mouth then exhaled through the nose and mouth
- (C) Air is inhaled through the nose and exhaled through the nose
- (D) Air is inhaled through the mouth and exhaled through the mouth

Question 4

1 point

Which safety rule should be observed by all swimmers?

- (A) Do not swim at night
- (B) Do not swim alone

C Do not swim in unknown waters

D Do not swim in water over 25 feet deep

Question 5

1 point

In what position should a person be after extending a pole to a swimmer?

A standing with legs bent and apart and with the weight back

B sitting on the side of the pool

C kneeling on one knee

D standing with weight on front leg to get a greater reach

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 3 - Dance/Rhythm/Gymnastics

Question 1

1 point

Teaching folk dance in the PhyEd curriculum

- A incorporates cultural diversity into curriculum
- B points out historical facts of several countries
- C should only be taught traditionally and not allowed expressing of oneself through rhythmic movements
- D so students can learn difficult dance steps

Correct answer

Question 2

1 point

The waltz is danced in

- A 2/4 time
- B 6/8 time
- C 4/4 time
- D 3/4 time

Correct answer

Question 3

1 point

At country western dances, several types of dancing may take place simultaneously

- A the perimeter of the dance floor is for LOD (line of direction) round dances with the dancers moving counterclockwise
- B the swing dancers are in the back of the dance floor
- C the perimeter of the dance floor is for LOD and round dances with the dancers moving clockwise
- D the line dancers are on the outside of the LOD dancers

Correct answer

Question 4

1 point

The mixer is one of the more exciting forms of rhythmic activities. Their main purpose is

- A to travel different ways without bumping into others

B enjoy participation alone or with others

C to provide nonthreatening environment for people to grow socially and safely

Correct answer

D to skip, hop, gallop, and slide using mature motor patterns

Question 5

1 point

What is the even, steady, and constant underlying beat of music?

A basic pulse

Correct answer

B even rhythmic patterns

C accent

D tempo

Question 6

1 point

Combination movements are locomotor movements combined to form a new movement, which is the combination movement?

A jumping

B skipping

Correct answer

C running

D walking

Question 7

1 point

Which movement is nonlocomotor movement?

A leaping

B hopping

C swinging

Correct answer

D sliding

Question 8

1 point

A basic guideline for social dancing is that

A the women usually start with their left foot and the men with their right foot

B either partner can start with their left foot

C the women usually start with their right foot and men with their left foot

Correct answer

D both women and men start with their left foot

Question 9

1 point

What is the main purpose of spotting?

A to enable the performer to do moves that would otherwise be beyond his or her ability

B to give confidence to the beginner

C to prevent injury when the performer is tired

D to provide for the participant's safety

Correct answer

Question 10

1 point

What is the most essential factor when participating in gymnastics?

A precision

B confidence

C power

D safety

Correct answer

Teaching Section 3 - Dance/Rhythm/Gymnastics

Question 1

1 point

Teaching folk dance in the PhyEd curriculum

- (A) incorporates cultural diversity into curriculum
- (B) points out historical facts of several countries
- (C) should only be taught traditionally and not allowed expressing of oneself through rhythmic movements
- (D) so students can learn difficult dance steps

Question 2

1 point

The waltz is danced in

- (A) 2/4 time
- (B) 6/8 time
- (C) 4/4 time
- (D) 3/4 time

Question 3

1 point

At country western dances, several types of dancing may take place simultaneously

- (A) the perimeter of the dance floor is for LOD (line of direction) round dances with the dancers moving counterclockwise
- (B) the swing dancers are in the back of the dance floor
- (C) the perimeter of the dance floor is for LOD and round dances with the dancers moving clockwise
- (D) the line dancers are on the outside of the LOD dancers

Question 4

1 point

The mixer is one of the more exciting forms of rhythmic activities. Their main purpose is

- (A) to travel different ways without bumping into others
- (B) enjoy participation alone or with others

(C) to provide nonthreatening environment for people to grow socially and safely

(D) to skip, hop, gallop, and slide using mature motor patterns

Question 5

1 point

What is the even, steady, and constant underlying beat of music?

(A) basic pulse

(B) even rhythmic patterns

(C) accent

(D) tempo

Question 6

1 point

Combination movements are locomotor movements combined to form a new movement, which is the combination movement?

(A) jumping

(B) skipping

(C) running

(D) walking

Question 7

1 point

Which movement is nonlocomotor movement?

(A) leaping

(B) hopping

(C) swinging

(D) sliding

Question 8

1 point

A basic guideline for social dancing is that

(A) the women usually start with their left foot and the men with their right foot

(B) either partner can start with their left foot

C the women usually start with their right foot and men with their left foot

D both women and men start with their left foot

Question 9

1 point

What is the main purpose of spotting?

A to enable the performer to do moves that would otherwise be beyond his or her ability

B to give confidence to the beginner

C to prevent injury when the performer is tired

D to provide for the participant's safety

Question 10

1 point

What is the most essential factor when participating in gymnastics?

A precision

B confidence

C power

D safety

Answer Key

HPER 476S: Comprehensive Review/Exam - Physical Education - MAYVILLE - 27905 - F25

Teaching Section 3 - PE for the Except Child

Question 1

1 point

If a student in your class has a handicap or problem with which he/she was born, we say that the problem is

- (A) genital atrophy
- (B) birth defect
- (C) muscular atrophy
- (D) atrophic symbiosis
- (E) congenital

Correct answer

Question 2

1 point

Physical educators with specialized training in teaching and managing the behaviors of children with disabilities are called

- (A) counselors
- (B) adapted physical educators
- (C) occupational therapists
- (D) audiologists
- (E) psychologists

Correct answer

Question 3

1 point

Which conditions of a student in your class could be characterized as an ailment involving inflammation of the joints which can be crippling and degenerative

- (A) diabetes
- (B) cerebral palsy
- (C) arthritis
- (D) multiple sclerosis

Correct answer

E muscular dystrophy

Question 4

1 point

All of the following are postural abnormalities except

A scoliosis

B kyphosis

C genu varum

D aphasia

Correct answer

E lordosis

Question 5

1 point

An environment designed to accommodate a variety of learners regardless of functional abilities is called an

A indirect service

B homogeneous environment

C inclusive environment

Correct answer

D normal environment

E restrictive environment

Question 6

1 point

Orthopedic and neurological disabilities include all of the following except

A cerebral palsy

B spina bifida

C down syndrome

Correct answer

D muscular dystrophy

E multiple sclerosis

Question 7

1 point

Which of the following is a confidential document that identifies problems and needs of the exceptional student

(A) independent action plan

(B) exceptional behavioral program

(C) individualized educational program

Correct answer

(D) goal-based exceptional process

(E) physical education curriculum

Question 8

1 point

An IEP committee may include all of the following except

(A) the physical education specialist

(B) the classroom teacher

(C) the parents of the child

(D) a school administrator

(E) none of the above

Correct answer

Question 9

1 point

Which of the following federal laws makes it mandatory that schools provide a physical education for exceptional students

(A) 94-142

Correct answer

(B) Title IX

(C) Inclusion Law of 1987

(D) Rehabilitation Act

(E) 94-457

Question 10

1 point

An international sports training and competition program for individuals with mental retardation 8 years of age and older, regardless of their abilities is called

(A) Unified sports

(B) Federation of sports

(C) Special Olympics

Correct answer

Teaching Section 3 - PE for the Except Child

Question 1

1 point

If a student in your class has a handicap or problem with which he/she was born, we say that the problem is

- (A) genital atrophy
- (B) birth defect
- (C) muscular atrophy
- (D) atrophic symbiosis
- (E) congenital

Question 2

1 point

Physical educators with specialized training in teaching and managing the behaviors of children with disabilities are called

- (A) counselors
- (B) adapted physical educators
- (C) occupational therapists
- (D) audiologists
- (E) psychologists

Question 3

1 point

Which conditions of a student in your class could be characterized as an ailment involving inflammation of the joints which can be crippling and degenerative

- (A) diabetes
- (B) cerebral palsy
- (C) arthritis
- (D) multiple sclerosis
- (E) muscular dystrophy

Question 4

1 point

All of the following are postural abnormalities except

- (A) scoliosis
- (B) kyphosis
- (C) genu varum
- (D) aphasia
- (E) lordosis

Question 5

1 point

An environment designed to accommodate a variety of learners regardless of functional abilities is called an

- (A) indirect service
- (B) homogeneous environment
- (C) inclusive environment
- (D) normal environment
- (E) restrictive environment

Question 6

1 point

Orthopedic and neurological disabilities include all of the following except

- (A) cerebral palsy
- (B) spina bifida
- (C) down syndrome
- (D) muscular dystrophy
- (E) multiple sclerosis

Question 7

1 point

Which of the following is a confidential document that identifies problems and needs of the exceptional student

- (A) independent action plan

(B) exceptional behavioral program

(C) individualized educational program

(D) goal-based exceptional process

(E) physical education curriculum

Question 8

1 point

An IEP committee may include all of the following except

(A) the physical education specialist

(B) the classroom teacher

(C) the parents of the child

(D) a school administrator

(E) none of the above

Question 9

1 point

Which of the following federal laws makes it mandatory that schools provide a physical education for exceptional students

(A) 94-142

(B) Title IX

(C) Inclusion Law of 1987

(D) Rehabilitation Act

(E) 94-457

Question 10

1 point

An international sports training and competition program for individuals with mental retardation 8 years of age and older, regardless of their abilities is called

(A) Unified sports

(B) Federation of sports

(C) Special Olympics

(D) NAIA