

## TEAM ACTIVITIES FINAL EXAM STUDY GUIDE

### TEAM CONCEPTS

1. The team trying to gain possession of the ball is the \_\_\_\_\_.
2. The team that has possession of the ball is the \_\_\_\_\_.
3. Two things a team should strive for is \_\_\_\_\_ and \_\_\_\_\_.
4. It is important that a person learns \_\_\_\_\_ because most careers require on to work with others toward a common goal.
5. Difference between playing a zone defense and a \_\_\_\_\_ defense is in a player to player defense you match up one player and guard them.
6. A player that is not \_\_\_\_\_ can enjoy a team sport.
7. \_\_\_\_\_ in a team sport should include NOT clumping around the ball—spread out.
8. \_\_\_\_\_ is healthy when it motivates players to try harder.
9. A variety of activities will improve one's 5 components of \_\_\_\_\_.
10. Team activities provide 2 life skills: \_\_\_\_\_ & \_\_\_\_\_.
11. Competition is not an important aspect of \_\_\_\_\_.
12. You develop \_\_\_\_\_ while playing soccer.
13. You demonstrate \_\_\_\_\_ when you block a defender in football or spike in volleyball.
14. Team activities enable you to \_\_\_\_\_ while you are getting shape at the same time.
15. The Surgeon General has determined the lack of physical activity is as detrimental to goal health as \_\_\_\_\_.
16. Basketball, volleyball and hockey are all \_\_\_\_\_.
17. Team sports are NOT more \_\_\_\_\_ than individual sports.
18. Not all \_\_\_\_\_ sports are team sports.
19. To participate in a team sport or activity in PE, you do NOT need a high level of \_\_\_\_\_ in the sport or activity.

Beneficial	Competition	Control and Teamwork	Coordination	Fitness	
Skilled	Defensive Team	Offensive Team	Listening & Responsibility		
Teamwork	Player To Player	Skill	Socialize	Teamwork	Power
Strategy	Smoking	Team Sports	Professional		

## FITNESS CONCEPTS AND COMPONENTS

1. True or False: Health-related fitness is more important than skill related fitness.
2. Name the five health-related fitness components? \_\_\_\_\_
3. What are the skill-related fitness components? \_\_\_\_\_
4. Name the three principles of training? \_\_\_\_\_
5. What are the 3 ways a person can overload their body to improve their fitness? \_\_\_\_\_
6. What does overload to improve your fitness mean? \_\_\_\_\_
7. What does progression mean? \_\_\_\_\_
8. Specificity to improve your fitness means? \_\_\_\_\_
9. Frequency? \_\_\_\_\_
10. Intensity? \_\_\_\_\_
11. Time? \_\_\_\_\_
12. The 20 minute run is measuring which fitness component? \_\_\_\_\_
13. The electric impedance machine (hand-held) measures which fitness component? \_\_\_\_\_
14. The sit and reach is used to measure? \_\_\_\_\_
15. The push up test is used to measure? \_\_\_\_\_
16. The curl up test is used to measure? \_\_\_\_\_
17. The pacer test is used to measure? \_\_\_\_\_
18. The ability to move the joints through a full range of motion is called? \_\_\_\_\_
19. The ability of the heart, blood vessels, and lungs to supply oxygen to the working muscles is called?  
\_\_\_\_\_
20. The ability of the muscles to exert a force is called? \_\_\_\_\_
21. The ability to efficiently use muscles over a longer period of time is called? \_\_\_\_\_
22. The amount of body weight that is fat compared to muscle, bone, and other body tissue is called?  
\_\_\_\_\_
23. What is the best example of an aerobic activity? \_\_\_\_\_
24. What is the best example of an anaerobic activity? \_\_\_\_\_
25. Heart Rate monitors are used to measure our? \_\_\_\_\_
26. The numerical scale (1-10) used on our fitness club cards is used to determine what? \_\_\_\_\_
27. Your target zone for cardiovascular activities is \_\_\_\_\_% - \_\_\_\_\_%

FIT (FREQUENCY, INTENSITY, TIME)		INCREASE WORKOUT AFTER ADAPTION	
FLEXIBILITY	30 MINUTE JOG	RATE OF PERCEIVED EXERTION	
FLEXIBILITY	60%-80%	MUSCULAR ENDURANCE	CARDIOVASCULAR ENDURANCE
MUSCULAR STRENGTH	HOW LONG	DO MORE THAN THE BODY IS USED TO	
HOW HARD	MUSCULAR STRENGTH	HEART RATE	HOW OFTEN
CARDIOVASUCLAR ENDURANCE	BODY COMPOSTION	POWERLIFTING	
OVERLOAD, PROGRESSION, SPECIFICITY		WORK SPECIFIC MUSCLES	
MUSCULAR ENDURANCE	CARDIOVASCULAR ENDURANCE	BODY COMPOSTION	
AGILITY, BALANCE, COORDINATION, REACTION TIME, POWER, AND SPEED			
CARDIOVASCULAR ENDURANCE, MUSCULAR STRENGTH, MUSCULAR ENDURANCE, FLEXIBILTY, AND BODY COMPOSTION			

**BASKETBALL**

1. \_\_\_\_\_ is a method of moving the ball up the court in basketball or the field in soccer by an individual player.
2. \_\_\_\_\_ is gaining possession of an unsuccessful shot in basketball.
3. Playing a \_\_\_\_\_ game of basketball can help improve your cardiovascular endurance.
4. When playing basketball if an opponent has their arms up on defense, the offensive player should use a \_\_\_\_\_ pass for the pass to be effective.
5. In a game of basketball, pushing someone, tripping someone, and kicking or slapping someone would all be considered \_\_\_\_\_.
6. A \_\_\_\_\_ is a basketball shot made with one hand from a position under or beside the basket (usually banked off the backboard).
7. \_\_\_\_\_ is the most important factor that is essential for effective dribbling in a game of basketball.
8. It is NOT legal to start dribbling again once you have already \_\_\_\_\_.
9. A standard basketball game consists of \_\_\_\_ players from each team on the court at one time.

Bounce	Dribbling	Fouls	Full Court	Lay-up	Maintaining Control
Stopped	5	Rebound			

## VOLLEYBALL

1. \_\_\_\_\_ points are needed to win a high school volleyball game.
2. A ball that hits the net on a serve and lands on the opponent's side is considered an \_\_\_\_\_.
3. A team rotates when the team \_\_\_\_\_ the serve.
4. A \_\_\_\_\_ is the contact that sets up a spike.
5. A \_\_\_\_\_ occurs when one or more players at the net reach higher than the top of the net and deflect the ball coming from the opponent.

Ace	Block	Set	Wins	25
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## SOFTBALL

1. The \_\_\_\_\_ refers to that portion of the field containing the four bases.
2. A \_\_\_\_\_ play occurs when a runner is forced to advance to the next base because the batter becomes a runner.
3. \_\_\_\_\_ is the portion of fair territory between the infield and the fence.
4. There are two outs and you are the runner on any of the bases. A fly ball is hit into the air. As the runner, you should \_\_\_\_\_ as soon as the ball is hit.
5. The position between second and third base is called the \_\_\_\_\_.

Force	Infield	Outfield	Shortstop	Run
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