

## Final Exam Study Guide

1. How many chances does the server have to get the ball successfully over the net in the game of volleyball? 1
2. What type of defense are you playing in basketball if you are required to cover a particular area instead of a particular man? Zone
3. How many points is a goal worth in team handball? 1
4. Which way do you rotate in volleyball? Clockwise
5. What court does the first serve come from when playing badminton? Right Service Court
6. How many players does a volleyball team have on the court at once? 6
7. A lengthy exchange of strokes during tennis? Rally
8. What is it called when you move with the soccer ball controlling it with your feet? Dribble
9. Does a serve count if it hits the net before landing in the appropriate area in volleyball?  
Yes
10. Where must you contact the birdie when serving in badminton? Below waist
11. When a team in softball gets a player out by simply stepping on the base it is called this kind of out? Force
12. How does play resume in soccer when it goes out of bounds on the sideline? Throw in
13. When can a team or player score points in badminton? On serve
14. Define the term offensive foul in basketball. Defensive player has position and run into by offensive player.
15. What muscle group does a lateral raise isolate? Deltoid
16. Define the term let serve in tennis. Serve that hits the net and lands in correct service box.
17. Know basic golf etiquette.
18. What happens when the soccer ball goes out of bounds passed the goal last touched by the attacking team? Goal Kick Last touched by the defending team? Corner Kick
19. How many players are allowed on the ice at one time during the game of hockey? 6
20. Define double dribble Stopping and starting dribble again.
21. Define assist in baseball or softball. Player who throws the ball to another player to get an out.
22. Know how to keep score in tennis.
23. What is the difference between a low weight/ high rep workout and a high weight / low rep workout? Low weight improves endurance, high weight improves strength.
24. What foot do you jump off when performing a right handed lay up? Left Left hand lay up? Right
25. What is the violation for entering the offensive zone before the puck does? Offsides
26. What is the maximum amount of players one can have on the soccer field at one time?  
11
27. What are the 5 fundamentals to every lift when strength training? Grip/Stance, Breathing, Posture, Range of Motion, Bar Velocity
28. When should you exhale while lifting weights? Concentric Inhale? Eccentric
29. What is the maximum amount of players a football team can have on the field at one time? 11

30. How many steps are you allowed to take in team handball? 3