

FINAL EXAM STUDY GUIDE

ARCHERY STUDY GUIDE

Archery Range Lines and Procedures

	Whistle Commands	or	Verbal Commands
Wait Line	****		Archers on deck
Shooting Line	Two Whistle Blasts	or	Go to shooting line
Shooting Line	One Whistle Blast	or	Begin shooting
Target Line	Three Whistle Blasts	or	Retrieve arrows
EMERGENCY	FOUR WHISTLE BLASTS	OR	STOP,STOP,STOP

ARROW FLIGHT PATTERNS:

High Arrows * Heeling the bow

* Low drawing elbow

Low Arrows * ***Creeping*** (draw hand creeps forward from anchor point)

* Arrow nock placed above nock locator

Left and Right Arrows

* ***Canting*** (tilting the bow to the left or to the right at full draw)

* ***Peeking*** at the target upon release

* ***“Plucking”*** or pulling the string away from the face upon release

TARGET VALUES: White = 1 and 2 points

Red = 7 and 8 points

Black = 3 and 4 points

Yellow = 9 and 10 points

Blue = 5 and 6 points

TENNIS STUDY GUIDE

SCORING

0 = love

1st point = 15

2nd point = 30

3rd point = 40

4th point = game

Deuce – A tie score after 40-40; it takes 2 consecutive points to win the game

Ad In – When the server wins the point after deuce

Ad Out – When the receiver wins the point after deuce

Set – The first player to win 6 games wins the set, provided they are at least ahead by 2

Match – Consists of 2 out of 3 sets

SERVING

1. One person serves the ENTIRE game
2. Server can stand anywhere between center mark and singles sideline
3. Must serve from BEHIND the baseline
4. Server must strike the ball before it hits the ground
5. Server has 2 opportunities to get the ball in the proper service court

6. Server serves from the right side for 1st point, left side for 2nd point, etc.
7. The serve must go diagonally across the net and land in the proper service court

SOCCER STUDY GUIDE

- Goal Kick- A kick taken by any player on the defending team after a ball is kicked by the opponent over their offensive endline. The ball is placed anywhere on the goalbox line. All other players must stand outside the penalty box.
- Corner Kick- A kick taken by any player on the attacking team after a ball is kicked by the opponent over their own endline. The ball is placed in the corner of the field closest to the side of the goal where the ball crossed the endline.
- Kick-Off- A kick taken in the center of the field while opponents are standing outside the center circle.
- Throw-ins occur when the ball goes out-of-bounds over the sidelines.
- Soccer is a game played with 11 players per team on the field
- Each goal is worth 1 point

WEIGHT TRAINING STUDY GUIDE

BENEFITS OF WEIGHT TRAINING

1. Acquiring strength
2. Develop flexibility
3. Gain or lose weight
4. Rehabilitation for an injury

SAFETY

1. Stretching exercises and a 5-10 minute cardiovascular warm-up should precede the training program
2. Start your program at lighter weights, and gradually increase the intensity.
3. Collars should be used at the end of the bar to secure the weight plates.
4. ALWAYS USE A SPOTTER WHEN LIFTING!
5. Load and unload the bar or machine evenly.
6. Always return weights to racks after you are done lifting.
7. Keep an adequate distance between lifters and the equipment.
8. Dropping of weights or banging of the weight stacks should not occur.
9. Never lift weights that are too heavy, or attempt exercises that you don't know
10. Inspect bars, weights, and machines for loose or broken parts or cables.

MUSCLE GROUPS

1. Biceps (front of upper arm) – bicep curls, curl and press
2. Triceps (back of upper arm) – tricep pressdown, dips
3. Quadriceps (front of thigh) – squats, leg extensions
4. Hamstring (back of thigh) – leg curls
5. Gastrocnemius (calf muscle) – toe raises on the Leaper machine
6. Abdominals – situps, crunches

7. Deltoids (shoulders) – shoulder press, lateral raises
8. Pectorals (chest) – bench press

BASKETBALL STUDY GUIDE

Double Dribble: Using two hands at the same time to dribble the ball or dribbling the ball, stopping the dribble, and then restarting the dribble.

Jump ball: Throwing the ball up in the air between 2 players at center court to start the game.

Traveling: Moving with the basketball without bouncing it.

3 second rule: The amount of time an offensive player can stand in the lane while their team has possession of the basketball

Foul: Illegal physical contact with an opponent.

Point Values:

1pt = a point is awarded for each free-throw made

2pts = a basket made that is not a free-throw and that is not behind the 3pt line

3pt = A basket made that is beyond the 3pt line.

GAME PLAY:

- A high school basketball game consists of 4 quarters, with each quarter lasting 8 minutes.
- There are 5 players from each team on the court at one time.

TEAM HANDBALL STUDY GUIDE

There are 7 players on the court at one time (6 court players and 1 goalie)

a.) In class we may play with only 5 due to space limitations

DURATION OF THE GAME

1. Two 30-minute halves divided by a 10 minute intermission (Men's games)
2. 25 minute halves for women and juniors

SCORING

1. A goal is scored when the entire ball crosses the goal line inside the net = 1 point
2. A goal MAY be scored from any throw (ie. free throw, throw-in, throw-off, goal throw, etc.)

PLAYING THE BALL

A player is allowed to:

1. Run **3** steps – **dribble** (no limit) – run **3** steps – pass or shoot
2. If a player takes **more** than **3** steps, a **free throw** is awarded
3. Hold the ball for **3** seconds (violation results in a free throw)
4. Unlimited dribble with 3 steps allowed before and after (no double-dribble)

A player is NOT allowed to:

1. Endanger an opponent with the ball
2. Pull, hit, or punch the ball out of the hands of an opponent
3. Contact the ball below the knee
4. Dive on the floor for a rolling or stationary ball

BASIC WATER RESCUE

Three Types of Resting Strokes

1. Elementary backstroke
2. Breaststroke
3. Sidestroke

Safety

1. Never swim alone
2. Know what to do in case of an emergency.
3. Know how to prevent, recognize, and care for heat and hypothermia emergencies.
4. Never drink alcohol, chew gum or eat and swim.
5. Know your swimming limits and stay within them.
6. Enter feet first rather than headfirst if you do not know the depth or are in shallow water.

Survival And Treading Water

Survival Float (Face-Down) Key Points

1. Use face-down technique if you have fallen into warm water.
2. All movements should be slow (to conserve energy).
3. Hold your breath and let your arms and legs dangle, gently press arms down, and lift your head out of the water to take a breath.
4. If you have fallen into cold water, just tread water.
5. One should be able to survival float for a minimum of five minutes.
6. Treading water is a way to stay afloat while conserving energy.

Out-Of-Water Assists

Reaching Assists

1. Use your body (i.e., hand, leg, etc.).
2. Use equipment (i.e., shepherd's crook, tree branch, etc.). .

Throwing Assists

1. Get into a good throwing position (leg opposite that of your throwing arm in front of the other leg).
2. Step on the end of the rope.
3. Throw the device underhand past the victim; if you miss, try again.
4. Slowly pull him or her into safety. .

In-Water Assists

Different Types of In-Water Assists-Wading assist with equipment, human chain, walking assist, and beach drag.

SPINAL INJURY ASSISTS

1. **Hip/Shoulder Support**-for face up victim. Approach victim with the water at your shoulder height and support at hip and shoulders. Maintain until help arrives. (Do not lift above water line!)
2. **Head Splint**-for face-down victim. Grasp the victim's upper arms (triceps), place them

over the victim's ears so the head is sandwiched between the arms (this is your splint to immobilize the head), glide forward, roll victim towards yourself using the far arm, support at hips with hand closest to you, and maintain this position until help arrives.

3. Head-Chin Support (Sandwich) face-down or face-up victim. Support base of head and chin while sandwiching sternum and spine with forearms. Maintain until help arrives.

*In all supports, reassure the victim if he or she is conscious and attempt to keep the victim's head in an in-line stabilization position.

VOLLEYBALL STUDY GUIDE

TEAMS:

1. Shall consist of 6 players
2. All male, all female, or co-ed

LENGTH OF GAME:

1. Game is played to 25 points (**rally scoring- a point is scored on each serve regardless of who serves**)
2. Winning team must be ahead by at least 2 points
3. The winner of the match wins 2 of 3, or 3 of 5 games

SERVING:

1. The team not serving the first in the previous game shall serve first in the second game.
2. Serving area is anywhere behind the total length of the baseline between the hashmarks.
3. **THE SERVE IS DEAD IF:** it touches the ceiling or obstruction; or if it lands out of bounds.
4. **LEGAL SERVES:** hit out of the hand; tossed and hit with hand; or hit the ball with the arms.

HOW THE GAME IS PLAYED:

1. Winner of the coin flip chooses serve, side or receive.
2. Serving team keeps serving until they lose the point.
3. The team receiving the ball first, rotates when they get the serve.
4. The ball may be hit with any part of the body above the knee.
5. You may NOT hit the ball twice in succession (except on the block).
6. A ball can be hit up to **3** times per side.
7. The ball may be played off the net, **including on the serve**.
8. A player may not step completely over the center line or touch the net.
9. A ball landing on a boundary line is **good or in**.
10. Teams exchange courts at the end of each game.
11. **Rally scoring is used** - a point is scored on each serve regardless of which team serves

12. **If the serving team violates a rule, a SIDE-OUT is awarded to the receiving team and they also score a point.**
13. **If there are simultaneous fouls on the same play, a REPLAY is called.**
14. The normal order of play is BUMP, SET, and SPIKE.

BADMINTON STUDY GUIDE

THE GAME

1. It can be played as singles or doubles.
2. A bird landing on a boundary line is considered good.
3. The shuttlecock may NOT be hit twice on a side.
4. The racket can follow through over the net, but may NOT touch the net. You may NOT reach over the net to contact the shuttlecock.

SERVING

1. A point is scored on every serve (rally scoring)
2. All serves must be hit from below the waist.
3. The server must stand within the service court.
4. Serves must travel diagonally across the court & land in the opponent's service area.
5. In doubles, one player on a side gets to serve (this is determined by their team score).

Score EVEN = serve from right hand court

Score ODD = serve from left hand court

6. Rotate courts only if your team serves and wins the point.
7. The player diagonally across from the server MUST return the serve
8. Doubles service area = short and wide
9. Singles service area = long and narrow
10. If a player swings and misses while serving, he/she may reserve any number of times provided the racket does not touch the shuttle.
11. A service that hits the top of the net and continues into the correct service court is considered a legal serve.

SCORING

1. Games are played to 21 points (must win by 2 points)
** If the score is tied at 29-29, the next point wins.
2. A match consists of the best of 3 games.