**Final Exam Review – Plemons**

* A touchdown is worth 1 point.
* A team has to complete 3 forward passes in order to get a first down.
* If a player is downed in his or her end zone it results in a safety.
* You must count to 5 one-thousand before rushing the quarterback.
* A forward pass must be thrown from behind the LOS.
* Players can’t use their hands to guard flags in the game of flag football.
* A lateral pass is legal or a good play in football where a player passes the ball backward or lateral to the LOS.
* Fumbles are dead at the spot where they are fumbled and cannot be advanced.
* Each game starts with a kick-off.
* When a team chooses to punt, they must announce it before the start of the play.
* The basic shooting method we discussed in class is called BEEF.
* **B**alance
* **E**yes
* **E**lbow
* **F**ollow Thru
* Foul occurs when a player holds, pushes, runs into, or trips an opponent.
* The three basic passes we discussed are called:
	+ Chest Pass – Intended for short distance and a quick pass
	+ Bounce Pass – Intended for short distance, to avoid a defender
	+ Overhead Pass – Intended for longer distance and a higher trajectory pass
* Dribbling is when a player bounces the ball on the floor with one hand.
* When making a chest pass or bounce pass your thumbs should be pointing down.
* Pivot is an attempt to get away from an opponent by stepping one or more ways with the same foot while keeping the other (pivot) foot on the floor.
* Boundary lines mark the outer perimeter of the court.
* Double Dribble is when a player touches the ball more than once while dribbling, this is illegal.
* If the game ends in a tie, the team that scored the last bucket wins and advances to the next court.
* In Nukem if the ball is thrown out of bounds and the player doesn’t touch it then a point is given to the team that let it go out of bounds.
* One difference between Mat Ball and Kickball is only one person can be on the base at a time.
* BOB means bottom on bench.
* If you spill water or a liquid on the locker room notify a coach immediately.
* If a coach blows the whistle while playing a game you should stop what you are doing, stop talking and sit down.
* In survival you cannot have teammates or alliances.
* If the backboard is hit by a ball from your team all jail mates are free to play again, in the game of Back Board.
* In Pony Express you are to run one lap as fast as you can.
* In Back Board if the backboard of the basketball hoop is hit everyone is NOT out.
* In Mat Ball you can have as many people on a base as you can fit.
* FitnessGram test are PACER, sit and reach, curl ups, shoulder stretch and trunk lift.
* You are allowed 2 errors for the curl up, push up and PACER tests.
* Sit and reach test measures flexibility of the hamstring muscles.
* Trunk lift form is lie down face down flat on the mat, toes pointed, hands next to your legs, palms facing up.
* Push ups measures upper body strength and endurance
* Shoulder Stretch measures upper arm and shoulder flexibility
* PACER stands for Progressive Aerobic Cardiovascular Endurance Run
* In curl ups your toes may come off the ground but not your whole foot.
* In Push ups your arms bend to a 90 degree angle in the down position
* Curl ups or crunches increases abdominal strength and endurance
* Push ups measures upper body strength and endurance and build the bicep and tricep muscles
* The object of the PACER is to run as long as possible back and forth across a 20 meter distance to a specified pace which gets faster every minute
* Stretching does not improve your cardiovascular fitness
* The object of Trunk Lift is to lift the upper body off the floor up to a maximum of 12 inches using the muscles of the back and holding the position to allow for measurement
* To calculate a person’s BMI (Body Mass Index) you divide Height/Weight.
* Flexibility is the range of motion available in a joint.
* Aerobic Capacity is the ability to perform large muscle, high intensity exercise for prolonged periods.
* Body Composition is the relative percentage of muscles, fat, bone and other tissues that comprise the body.
* The object of Shoulder Stretch is to grasp the fingers together behind the back by reaching over the shoulder and under the elbow.