GRADE 8
FINAL EXAM
PHYSICAL EDUCATION ASSESSMENT

Multiple Choice (2 points each)

1. Physical fitness is important for:
   a. health
   b. physical performance
   c. mental well-being
   d. all of the above

2. Stretching exercises will help
   a. build strength
   b. avoid injuries
   c. burn calories
   d. none of the above

3. Joints and muscles are prepared for vigorous exercise by:
   a. jogging and weight training
   b. warm-ups and stretching
   c. rope climbing and sit-ups
   d. push-ups and jumping rope

4. Which of the following is not a modified game of football played in Physical Education class?
   a. flag football
   b. touch football
   c. tackle football
   d. none of the above

5. The game of football is started by a __________.
   a. kickoff
   b. jump off
   c. snap
   d. none of the above
6. A first down is obtained when the offensive team advances:
   a. 5 yards
   b. 10 yards
   c. 20 yards
   d. none of the above

7. In soccer, when a player passes the ball to another player they use their feet, that is called a _________
   a. trapping
   b. heading
   c. throw-in
   d. none of the above

8. In soccer, only one player on the team may touch the ball with their hand to stop it, they are called a ____________.
   a. defender
   b. goalie
   c. offense
   d. none of the above

9. Hockey is thought to have been dated as far back as ancient ____________.
   a. Greece
   b. Romans
   c. Russia
   d. none of the above

10. Tapping the ball or puck is called ____________.
    a. dribbling
    b. swinging
    c. throwing
    d. none of the above

11. It is important to warm-up before a workout because:
    a. it creates blood flow throughout the body and prepare it for strenuous activity
    b. it wastes time
    c. it is only for beginners
    d. it helps you think about your workout
12. A common throwing error in bowling opposite of side wheeling is called taking the ball:
   a. outside
   b. inside
   c. top
   d. all of the above

13. An excellent finger and wrist conditioner for bowling is squeezing a ______ ball.
   a. solid
   b. plastic
   c. rubber
   d. metal

14. When a pin is hidden behind another pin, this is called a ________.
   a. dreamer
   b. gutter ball
   c. spinner
   d. sleeper

15. When a ball curves into the 1-3 pocket, this is called a ________.
   a. book
   b. common error
   c. release
   d. concentration

16. A ________ is when a ball is thrown into the 1-2 pocket.
   a. swing
   b. middle
   c. crossover
   d. none of the above

17. The ability to maintain an upright and controlled position of the body, whether in movement or still is called:
   a. plie’
   b. balance
   c. posture
   d. slide
18. A complete turn of the body executed on one leg is called:
   a. step
   b. return
   c. glissade
   d. pirouette

19. The regular occurrence of accented beats that shape the character of music or dance is:
   a. choreography
   b. rhythm
   c. modern dance
   d. beats

20. A gliding step which usually connects two steps is called:
   a. glissade
   b. slide
   c. plie’
   d. turn

21. A form of dance that expresses complex emotions and abstract ideas is called:
   a. ballroom dance
   b. folk dance
   c. country
   d. modern dance

22. The transfer of weight from one foot to another is:
   a. step
   b. move
   c. glissade
   d. slide

23. The position of the limbs or the carriage of the body as a whole is called:
   a. form
   b. posture
   c. shoulder width
   d. balance
24. A creation or compilation of steps, patterns, and movements which make up a dance or dance routine is called __________.

   a. choreography
   b. dance routine
   c. fast step
   d. quick step

25. To bring the foot slowly together to the weighted foot is called:

   a. skip
   b. plie’
   c. slide
   d. hop

26. The dominant beat of the music measure, usually the first beat of the measure, is called __________.

   a. first beat
   b. accent
   c. slide
   d. balance

27. Every time a team wins the serve, the players rotate in a __________ motion to the next position with a new player serving.

   a. clockwise
   b. counter clockwise
   c. players don’t rotate
   d. none of the above

28. The act of hitting the ball downward with great force, usually from the top of a jump, into the opponent’s court is called __________

   a. set
   b. bump
   c. spike
   d. throw
29. A(n) _________ is a point scored as a result of the serve.
   a. love
   b. par
   c. ace
   d. spades

30. (Save) Contact of the ball below waist level with both forearms or heel of the hand is called a _________.
   a. bump
   b. spike
   c. slope
   d. dig

31. Each team may touch the ball up to ________ times before sending it over the net.
   a. 4
   b. 3
   c. 1
   d. 2

32. Points can be scored by which team(s) in a volleyball game?
   a. serving and receiving
   b. serving only
   c. receiving only
   d. the team that has the highest score

33. A team must score ________ points in order to win a volleyball game.
   a. 15
   b. 25
   c. 30
   d. 20

34. The score should be announced before each serve with the ________ team’s score given first.
   a. receiving
   b. serving
   c. losing
   d. winning
35. When a player serves, from what side of the service box does the player serve the shuttle?
   
   a. left side
   b. right side
   c. middle
   d. back

36. When the shuttle goes back and forth over the net, it is called a _________.
   
   a. rally
   b. good game
   c. shot
   d. smash

37. How many times is the shuttle allowed to be hit on one side before it goes over the net?
   
   a. 2
   b. 3
   c. 1
   d. 4

38. If a server completely misses the shuttle, they ____________.
   
   a. lose a turn
   b. are out of the game
   c. may serve again
   d. none of the above

39. When a player serves the shuttle, in which direction must the shuttle go?
   
   a. straight over the net
   b. far back
   c. to the left
   d. diagonally over the net

40. Any stroke that is made from the side of the body, opposite the racket side, is called a ____________.
   
   a. forehand
   b. smash
   c. drop shot
   d. backhand stroke
41. A _________ stroke is any stroke made on the racket side of the body.
   a. forehand
   b. backhand
   c. smash
   d. drop

42. A short clear shot should be returned with a ____________.
   a. backhand
   b. forehand
   c. serve
   d. smash or drop shot

43. A ____________ is gained when a smash is played by the server and the shuttle hit the outside of the line.
   a. point
   b. loss of a point
   c. loss of a serve
   d. turn

44. Any time a player argues a call with an official judge or linesman, that player is exhibiting ____________.
   a. team work
   b. communication
   c. poor sportsmanship
   d. none of the above

45. A ____________ is a ball that is returned to the front wall and rebounds so low that it is impossible to return.
   a. short
   b. long
   c. kill
   d. point

46. A run by a receiver to shake his defender is called a _________.
   a. hammer
   b. cut
   c. hack
   d. forearm
47. A _______ is an overhead throw with a forehand grip in which the Frisbee is released at an angle so that it flattens out and flies upside down.
   a. hammer
   b. skying
   c. swill
   d. hack

48. A _______ is a series of quick passes to well-timed cuts.
   a. pivot
   b. backhand
   c. swill
   d. flow

**Open-Ended Questions (5 points each)**

49. Explain the different options the goalie has in defending the goal.
   
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

50. How is a goal scored in team Handball?

   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
**OPEN-ENDED SCORING RUBRIC**
For Reading, Listening, and Viewing

*(Modified)*

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Physical Education Final Exam – Grade 8

Answer Sheet

1. d. 2.1 ABCDE, 2.2 ABCDE, 2.6 A
2. b. 2.1 ABCDE, 2.2 ABCDE, 2.6 A
3. b. 2.1 ABCDE, 2.2 ABCDE, 2.6 A
4. c. 2.2 ABCDE, 2.5 ABC, 2.6 A
5. a. 2.2 ABCDE, 2.5 ABC, 2.6 A
6. b. 2.2 ABCDE, 2.5 ABC, 2.6 A
7. a. 2.2 ABCDE, 2.5 ABC, 2.6 A
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12. a. 2.2 ABCDE, 2.5 ABC, 2.6 A
13. c. 2.2 ABCDE, 2.5 ABC, 2.6 A
14. d. 2.2 ABCDE, 2.5 ABC, 2.6 A
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24. a. 2.2 ABCDE, 2.5 ABC, 2.6 A
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28. c. 2.2 ABCDE, 2.5 ABC, 2.6 A
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31. a. 2.2 ABCDE, 2.5 ABC, 2.6 A
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37. c. 2.2 ABCDE, 2.5 ABC, 2.6 A
38. c. 2.2 ABCDE, 2.5 ABC, 2.6 A
39. d. 2.2 ABCDE, 2.5 ABC, 2.6 A
40. d. 2.2 ABCDE, 2.5 ABC, 2.6 A
41. a. 2.2 ABCDE, 2.5 ABC, 2.6 A
42. d. 2.2 ABCDE, 2.5 ABC, 2.6 A
43. a. 2.2 ABCDE, 2.5 ABC, 2.6 A
44. c. 2.2 ABCDE, 2.5 ABC, 2.6 A
45. c. 2.2 ABCDE, 2.5 ABC, 2.6 A
46. b. 2.2 ABCDE, 2.5 ABC, 2.6 A
47. a. 2.2 ABCDE, 2.5 ABC, 2.6 A
48. d. 2.2 ABCDE, 2.5 ABC, 2.6 A

**Multiple Choice (2 points each)**

49. The goal keeper may defend the goal in any way by using his/her entire body.
   2.2 ABCDE, 2.5 ABC, 2.6 A

50. When the entire ball crosses over the goal line between the posts and under the cross bar.
   2.2 ABCDE, 2.5 ABC, 2.6 A
GRADE 8
FINAL EXAM
HEALTH EDUCATION ASSESSMENT

Multiple Choice (2 points each)

1. What is a protective factor against violence?
   a. a way to behave that will help protect you from violence and avoid violent situations
   b. a law that protects you from violence
   c. a guarantee against violence
   d. a way to defend yourself if you are attacked

2. Someone who threatens or frightens those who are weaker or smaller is called a(n) ________.
   a. activist
   b. suicide
   c. victim
   d. bully

3. Violence turned inward can lead to ___________, the killing of oneself.
   a. homicide
   b. suicide
   c. victimization
   d. abstinence

4. Which of the following is a medication that should be included in a first-aid kit?
   a. children’s aspirin
   b. adhesive tape
   c. antiseptic ointment
   d. penicillin

5. Why should you wear latex gloves when giving first aid, especially to a stranger?
   a. to comfort and reassure the victim
   b. to keep hands warm
   c. to protect yourself from diseases spread by blood and bodily fluids
   d. to protect your hands from very sharp objects, such as knives and blades
6. Why should you call 9-1-1?
   a. only to report a real, life-threatening emergency
   b. to contact the police or fire department for any reason
   c. to request any help or information related to safety
   d. to request information on first aid

7. How should you treat someone who is choking and cannot breathe?
   a. abdominal thrusts, which should be administered immediately
   b. abdominal thrusts, which should be administered at a hospital
   c. pat them stiffly on the back
   d. rescue breathing

8. Performing cardiopulmonary resuscitation (CPR) involves which of these steps?
   a. apply an ice pack to the injured area
   b. 30 chest compressions and 2 rescue breaths
   c. grab the victim by the abdomen and thrust upward
   d. place a fist at the top of the breastbone and compress the chest there

9. How can suffocation be prevented?
   a. keep objects such as marbles, plastic bags, and hard candy away from very young children
   b. ask older siblings to watch child
   c. trust your children alone
   d. keep small toys in a toy box

10. Anyone with total body fat over 30% is considered to be __________.
    a. obese
    b. fit
    c. very lean
    d. average

11. When you express your feelings appropriately and your mind is in strong condition, you have good __________.
    a. family and social health
    b. political and economic health
    c. mental and emotional health
    d. physical health
12. Practicing healthful behaviors, managing stress, and using resistance skills are each examples of ____________.
   a. skills to practice during teen years only
   b. life skills to practice throughout life
   c. skills to practice during adult years only
   d. skills that people are born with

13. Getting plenty of rest and sleep, choosing to be drug-free, and spending time with friends and family are all examples of ____________.
   a. goals for good physical health
   b. life skills
   c. health risks
   d. healthy behaviors

14. Any action that threatens health, perhaps by increasing the likeliness of injury or illness, is an example of a(n) ____________.
   a. poor diet
   b. healthy behaviors
   c. risk behaviors
   d. illegal behavior

15. Is a lack of physical activity a risk behavior?
   a. Yes, avoiding physical activity risks physical, social, and emotional health.
   b. No, avoiding physical activity will not harm health.
   c. No, laws do not discuss physical activity, so avoiding it cannot be a risk behavior.
   d. Maybe scientists are still researching the body’s requirements for physical activity

16. As you study and learn about health, you become ________ literate.
   a. health
   b. personality
   c. emotions
   d. self-esteem

17. When you describe yourself as warm, caring, neat, and friendly, you are describing your ________ traits.
   a. citizenship
   b. personality
   c. self-esteem
   d. health
18. Apologizing when you do wrong is an example of which character trait?
   a. citizenship  
   b. emotions  
   c. responsibility  
   d. self-esteem 

19. Cleaning up litter, recycling can and bottles, and obeying the laws of your community are important aspects of which character trait?
   a. responsibility  
   b. citizenship  
   c. self-esteem  
   d. personality 

20. When you focus in your strengths and avoid criticizing yourself, you are strengthening your _________.
   a. self-esteem  
   b. personality  
   c. responsibility  
   d. none of the above 

21. Drug A relieves pain, and drug B promotes sleep. Is it possible that taking drugs A and B at the same time would produce additional effects, aside from pain relief and sleep?
   a. Yes, the drugs could interact and cause dangerous, unexpected side effects, ask a physician about the drugs.  
   b. No, different drugs work differently and never affect one another.  
   c. No, sleep and pain relief are not related, so the drugs will not affect one another.  
   d. Maybe, scientists are still researching this question. 

22. If a pregnant woman smokes tobacco products, can the developing baby be harmed?
   a. Yes. Many babies have been harmed in this way.  
   b. Yes, although this kind of harm is very rare.  
   c. No. Tobacco byproducts cannot travel to the baby’s blood supply.  
   d. Maybe. Scientists are still researching this question.
23. Aside from the dangers to your physical health, which of the following are reasons to avoid using smokeless tobacco?
   a. Social reasons only. Many people find smokeless tobacco to be a disgusting habit.
   b. Legal reasons only. Smoking tobacco in any form is not permitted at school.
   c. Economic reasons only. All tobacco products are expensive.
   d. Social, legal, and economic reasons, including all examples listed above.

24. Which of the following beverages has the most caffeine?
   a. 8 ounces of brewed coffee
   b. 1 ounce of milk chocolate
   c. 12 ounces of decaffeinated coal
   d. 8 ounces of iced water

25. What is the effect of combining barbiturates and alcohol?
   a. the depressant and stimulant effect cancel each other out
   b. the depressant effects of both drugs multiply, often leading to death
   c. the stimulant effects of both drugs multiply, leading to insomnia
   d. the effects vary widely from person to person

26. Which of the following best explains what happens to teens who experiment with illegal drugs, with no intentions of using them extensively?
   a. good intentions always win out, and the teens return to drug-free behavior
   b. the teens resist the addictive qualities of drugs, and continue to use drugs only by choice
   c. despite their good intentions, the teens often progress to drug dependence
   d. the teens achieve all of their personal goals

27. What is happening when a drug user says, “I need more of the drug to feel good?”
   a. the user is developing resistance to the drug, and soon will be free of it
   b. the user is becoming disillusioned with the drug, and soon will choose a substitute for it
   c. the user is acknowledging that a problem exists
   d. the user is developing a tolerance to the drug, one stage toward an addiction

28. The presence of severe birth defects in babies born to mothers who drink alcohol during pregnancy is called ____________.
   a. controlled drug
   b. cilia
   c. fetal alcohol syndrome (FAS)
   d. none of the above
29. An unwanted change in the body that is not relative to the main purpose of the drug is called ___________.
   a. side effects  
   b. nicotine 
   c. inhalants 
   d. blackout 

30. A medication that can only be obtained with a written order from a physician is called ____________.
   a. controlled drug  
   b. prescription drug  
   c. cilia  
   d. none of the above 

31. A colorless, odorless, highly addictive drug found in tobacco that stimulates the central nervous system is called ____________.
   a. inhalants  
   b. cilia  
   c. controlled drug  
   d. nicotine 

32. A drug whose possession, manufacturer, distribution and sale are controlled by law is called ____________.
   a. controlled drug  
   b. prescription drug  
   c. nicotine  
   d. blackout 

33. Chemicals or fumes from common household products that are sniffed for their mind-altering effects are called ____________.
   a. controlled drug  
   b. cilia  
   c. inhalants  
   d. blackout
34. A period during which a person cannot remember what has happened is called _________.
   a. blackout  
   b. side effects  
   c. nicotine  
   d. none of the above

35. The amount of money you spend to buy and do things is called _________.
   a. services  
   b. expenses  
   c. warranty  
   d. income

36. A plan that helps pay for the cost of healthcare services is called _________.
   a. health insurance  
   b. expenses  
   c. preventative care  
   d. services

37. The work that people do for others or sources of information, such as websites is called _________.
   a. expenses  
   b. preferred provider  
   c. services  
   d. warranty

38. Nuclear power plants and certain factories use water to cool equipment. Why should the water not be returned to nature immediately?
   a. because the water contains oil, salt, and other chemicals  
   b. because the water is in the form of water vapor  
   c. because cold water will absorb too much oxygen from the air  
   d. because hot water will damage fish and aquatic plants

39. Left untreated, how does an oil spill pollute the ocean?
   a. spilled oil usually sinks to the ocean floor, choking any plants that grow there  
   b. spilled oil usually floats, rapidly spreading over the surface  
   c. spilled oil evaporated quickly, returning to the ocean as acid rain  
   d. spilled oil diffuses quickly through all levels of the ocean’s water
40. How should people dispose of harmful liquids, such as paint thinner, used motor oil, and pesticides?
   a. poor them down the household drain
   b. poor them down the sewer system
   c. include the in household garbage
   d. take them to an appropriate waste collection center

41. What happens to most of the trash in the United States?
   a. most trash is recycled or reused
   b. most trash is burned in incinerators
   c. most trash is dumped and buried in landfills
   d. most trash is dumped in the ocean

42. Which of these kinds of light bulbs produce the most illumination for the electricity they use?
   a. light bulbs shaped like balloons
   b. incandescent light bulbs
   c. fluorescent light bulbs
   d. light bulbs shaped like cones

43. Can noise pollution damage health?
   a. Yes. Noise pollution can cause hearing loss, stress, and high blood pressure.
   b. Yes. Noise pollution can cause hearing loss, lung cancer, and skin cancer.
   c. No. Noise pollution is annoying only.
   d. No. Noise pollution is not a significant problem.

44. What is one way to strengthen your respiratory system?
   a. exercise regularly
   b. smoke frequently
   c. play video games
   d. watch television

45. Which of the following is NOT a function of your hair?
   a. preserves heat
   b. make you look nice
   c. protects your skin
   d. protects your heart
46. Which type of doctor would you visit if you were having difficulty seeing the chalkboard clearly?
   a. obstetrician
   b. optometrist
   c. oncologist
   d. audiologist

47. What is a vision problem in which close objects appear blurred while distant objects are seen clearly?
   a. astigmatism
   b. nearsightedness
   c. farsightedness
   d. cataracts

48. What is a nutritional benefit of physical activity?
   a. it helps you manage weight
   b. it allows you to eat more calorie-rich foods
   c. it helps you meet others
   d. it strengthens your muscles

**Open-Ended Questions (5 points each)**

49. How can a teen maintain a healthful body image?

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

50. How do mentally stable adolescents treat peers and family members?

_________________________________________________________________________
_________________________________________________________________________
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Paterson Public Schools
Physical Education/Health Department
Final Examination
OPEN-ENDED QUESTIONS/CONSTRUCTIVE RESPONSES

TEACHER: __________________________
STUDENT NAME: __________________ DATE: __________________

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49. ____________________________________________________________
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50. ____________________________________________________________
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GRADE 8
FINAL EXAM
HEALTH EDUCATION ASSESSMENT

Answer Sheet

Multiple Choice (2 points each)

1. d. 2.1 ABCDE, 2.2 ABCDE, 2.5 ABC
2. d 2.1 ABCDE, 2.2 ABCDE, 2.5 ABC
3. b. 2.1 ABCDE, 2.2 ABCDE, 2.5 ABC
4. c. 2.1 ABCDE, 2.2 ABCDE, 2.5 ABC
5. c. 2.1 ABCDE, 2.2 ABCDE, 2.5 ABC
6. a. 2.1 ABCDE, 2.2 ABCDE, 2.5 ABC
7. a. 2.1 ABCDE, 2.2 ABCDE, 2.5 ABC
8. b 2.1 ABCDE, 2.2 ABCDE, 2.5 ABC
9. a. 2.1 ABCDE, 2.2 ABCDE, 2.5 ABC
10. a. 2.1 ABC, 2.2 ABCDE, 2.6 A-4
11.c. 2.1 ABCDE, 2.2 ABCDE
12.b. 2.1 ABCDE, 2.2 ABCDE
13.d. 2.1 ABCDE, 2.2 ABCDE
14.c. 2.1 ABCDE, 2.2 ABCDE
15.a. 2.1 ABCDE, 2.2 ABCDE
16.a. 2.1 ABCDE, 2.2 ABCDE
17.b. 2.1 ABCDE, 2.2 ABCDE
18.c. 2.1 ABCDE, 2.2 ABCDE
19.b. 2.1 ABCDE, 2.2 ABCDE
20.a. 2.1 ABCDE, 2.2 ABCDE
21.a. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
22.a. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
23.d. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
24.a. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
25.b. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
26.c. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
27.d. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
28.c. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
29.a. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
30.b. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
31.d. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
32.a. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
33.c. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
34.a. 2.1 ABCDE, 2.2 ABCDE, 2.3 ABC
35.b. 2.1 ADEF, 2.2 ABCDE
36.a. 2.1 ADEF, 2.2 ABCDE
37.c. 2.1 ADEF, 2.2 ABCDE
38.d. 2.1 ABCDE, 2.2 ABCDE
39.b. 2.1 ABCDE, 2.2 ABCDE
40.d. 2.1 ABCDE, 2.2 ABCDE
41.c. 2.1 ABCDE, 2.2 ABCDE
42.c. 2.1 ABCDE, 2.2 ABCDE
43.a.2.1 ABCDE, 2.2 ABCDE
44.a.2.1 ABC, 2.2 ABCDE, 2.4 ABC
45. b.2.1 ABCDEF, 2.2 ABCDE
46. b. 2.1 ABCDEF, 2.2 ABCDE
47. c. 2.1 ABCDEF, 2.2 ABCDE
48. a. 2.1 ABCDEF, 2.2 ABCDE

**Open-Ended Questions (5 points each)**

49. A teen can maintain a healthful body image by accepting changes as they occur.
   2.1 ABC, 2.2 ABCDE, 2.4 ABC

50. Mentally stable adolescents treat peers and family members with love and respect and follow family guidelines.
   2.1 ABC, 2.2 ABCDE, 2.4 ABC